



VENG Patient Instructions

You have been scheduled for VENG Testing at Northwest Neurological, PLLC. Approximate time necessary for complete testing is 60 minutes. Interpretation and review of testing results will be done during a separate appointment time that will be schedule once testing is complete. Occasionally, additional procedures or testing may be requested or required to perform the VENG testing or once testing is complete, such as, cleaning of ear canals, balance plate testing, memory testing or nerve conduction studies.

ABOUT THE PROCEDURE: The purpose of vestibular testing is to evaluate the function of your balance system. Testing use video goggles placed over the eyes (VENG). VENG record eye movements that will provide your physician with information about your brains ability to coordinate balance signals, react to changes in position, and to determine the function of your inner ears.

Please review and adhere to the following instructions for accurate testing to occur:

- **DRIVER:** Occasionally testing will aggravate dizziness. You **MUST** have someone to drive you home, as you may not feel well enough to do so. Those without rides will be rescheduled.
- **MEDICATIONS:** It is important that **NONE** of the **following medications** be taken for **48 hours prior to the testing**.
 - Antihistamines (Allergy meds)
 - Sleeping pills/Sedatives
 - Barbiturates
 - Anti-dizzy pills
 - Muscle relaxants
 - Decongestants
 - Cough or cold meds
 - Nose or Bronchial sprays
 - Tranquilizers (Valium, etc.)
 - Pain pills (Vicodine, Codeine, Tylenol w/ Codeine etc...)
 - Pills or patches for nausea or motion sickness.
 - **NO** Nicotine, caffeine and alcoholic beverages (including wine and beer) for at least 24 hours before the tests.
- Please eat only a light breakfast or lunch at least **TWO HOURS** prior to testing.
- Remove contact lenses and other visual aids prior to testing.
- **NO MAKEUP**, including: eyeliner, mascara, foundation or lotion. (Lipstick is okay).
- Use good hygiene with no perfume or cologne and dress comfortably.

IMPORTANT:

DO NOT stop taking any life-supporting medications (Insulin, Digitalis, Dilantin, etc.). Please contact our office if you have any questions about whether or not a medication should be stopped.