

VNG Instructions

1. For your appointment, please DO NOT take any tranquilizers, sleeping pills, sedatives, vestibular suppressants, antihistamines, or pain medication for 24 hours prior to testing. These medications *can* cause suppression of vestibular nystagmus and other eye movement abnormalities. **Should you have any questions regarding the medications you are currently taking, please call our office.**
2. Do not drink alcoholic beverages for at least 48 hours before the test. Recent alcohol consumption can cause a type of positional nystagmus known as positional alcohol nystagmus and other eye movement abnormalities.
3. If the test is in the morning, eat a light breakfast, or if the test is in the afternoon, eat a light lunch. Do not drink coffee or any other beverage containing caffeine the day of the test. The position and caloric tests sometimes provoke dizziness that may lead to motion sickness, including nausea and vomiting.
4. Do not wear makeup around the eyes. These materials can cause poor electrode contact and noisy eye movement tracing.
5. Please allow one hour for the test.

This test will be administered by our ototech. If you have any questions, please do not hesitate to contact our office at (818) 222-9451.