Video Nystagmography (VNG)
Patient Instructions
Please read these in full immediately

The Audiologist you are scheduled with is:
☐ C.J. Brodie, AuD
☐ Caroline C. Gore, AuD
☐ Jana L. Hutchison, AuD
☐ Lynn Livingston, AuD

Patient Name: ______________________ Date of Birth_______ MRN___________________

Your appointment time is: _______________________________________________________

IMPORTANT! PLEASE READ THROUGHLY AT LEAST 48 HOURS PRIOR TO YOUR
APPOINTMENT TIME TO AVOID RESCHEDULING

The VNG test is an evaluation of the balance portion of the inner ear. This testing lasts
approximately one hour.

During this assessment, your eye movements are monitored during various visual stimuli, a
few simple body positions and the introduction of warm and cool air into your ear canals.
Ears should be clear of wax. Please have your primary care provider remove all wax prior to
testing.

Please alert the Audiologist to any back or neck injuries at your appointment.

Certain medications and activities can affect the outcome of the VNG examination.
Please read carefully and contact us with questions at 206-860-4642

This testing is highly sensitive to medication effects, so many medications must be
discontinued prior to testing. This list is NOT all inclusive. If you have questions, please contact
the clinic.
DO NOT TAKE THE FOLLOWING 48 HOURS PRIOR TO YOUR TEST TIME:

- Anti-Nausea – Compazine, Scopolamine, Prochlorperazine, Promethazine
  (Pahenergan), Ondansetron (Zofran), Metoclopramide (Reglan)
- Anti-Dizziness – Meclazine, Dramamine, Antivert, Bonine, Herbal remedies (gingko,
  valerian, etc.)

*instructions continued on the next page
• Sleeping pills or sedatives/benzodiazepines – Valium, Xanax (alprazolam), Ambien, Ativan (lorazepam), Klonopin (clonazepam), Elavil, Lunesta, Unisom, Trazadone, herbal remedies (melatonin, calms forte, etc)
• Muscle relaxers – Flexeril, Robaxin, Zanaflex, Requip, Mirapex, etc
• Marijuana or cannabis in any form
• Anti-Seizure/pain medications – Gabapentin (Neurontin), Pregabalin (Lyrica)
• Stimulants: Ritalin, Concerta, Daytrana, Methylin, and Aptensio, etc.
• Pain medications/narcotics/barbiturates/opioids – Darvocet, Demerol, Dilaudid, Morphine, OxyContin, Oxycodone, Percocet, Topamax, Tramadol, Vicodin, Imitrex, etc.
• Allergy Medications/Antihistamines: Allegra, Benadryl, Claritin, Clarinex, Zyrtec, etc. (nasal spray is okay to continue)

24 HOURS PRIOR TO TESTING
• Discontinue all other medications EXCEPT “maintenance” medications for your heart, blood pressure, diabetes, seizures, thyroid, HIV, birth control or antibiotics.

• Do NOT drink alcohol or use medication with alcohol

Medications can be resumed immediately following testing. If there are any questions about the test or medication, please contact our office at 206.860.4642

4 HOURS PRIOR TO TESTING
• Please wear comfortable clothing that will allow you freedom of movement

• Do not eat or drink anything 4 hours prior to your test, INCLUDING WATER. If you are diabetic, do not alter your current diet or medication regimen – alert clinician at your appointment.

• Do not smoke or drink caffeine 4 hours prior to your test (including nicotine gum and vaping)

• No medications with caffeine (Excedrin, etc.)

• Do not wear eye-make up or mascara to your appointment. Please alert Audiologist if you have tattooed makeup.

• Do not wear contact lenses to your appointment