
VIDEONYSTAGMOGRAPHY (VNG) PATIENT PRE-TEST INSTRUCTIONS

ABOUT YOUR TEST

Thank you for choosing Elite Hearing & Balance. We are committed to providing excellent hearing and balance care.

Your provider has scheduled a VNG (Videonystagmography) to evaluate how your inner ears and brain work together to maintain balance. During testing, you will wear lightweight goggles with small infrared cameras that record your eye movements while you follow moving lights, change head/body positions, and have warm and cool air or water gently placed in each ear (caloric testing). The test takes about 1 to 1.5 hours and requires your full cooperation for accurate results.

Please follow these instructions carefully as certain medications, substances, and habits can alter your eye movements and interfere with results.

MEDICATIONS

If medically safe and approved by the prescribing clinician, avoid the following medications for 48 hours before your appointment:

- Dizziness medications, such as meclizine or Antivert
- Nausea or motion-sickness medications, such as Dramamine, Phenergan, or scopolamine
- Antihistamines and cold or allergy medications, such as Benadryl, Claritin, Zyrtec, or Allegra
- Sleeping pills, sedatives, tranquilizers, and anti-anxiety medications
- Opioid pain medications, muscle relaxants, and barbiturates

Do not stop any prescription or medically necessary medication unless the prescribing clinician confirms that it is safe. Continue essential medications, including those for heart conditions, blood pressure, cholesterol, diabetes, thyroid conditions, seizures, and blood thinning.

FOOD DRINK AND SUBSTANCES

- Do not drink alcohol or use recreational drugs for 48 hours before testing.
- Avoid caffeine for 24 hours before testing, including coffee, tea, soda, and energy drinks.
- Do not use tobacco, vaping products, or nicotine on the day of testing.

ON THE DAY OF YOUR TEST

- Eat only a light meal (toast, crackers, or yogurt) a few hours before; avoid a large/heavy meal, as the caloric portion can cause brief dizziness or nausea.
- If you have diabetes, follow your usual eating and medication schedule.
- Do not wear eye makeup, false eyelashes, facial cream, lotion, moisturizer, foundation, or sunscreen because these products can interfere with the goggles and eye-movement recordings.
- Dress comfortably in loose clothing and flat, comfortable shoes.
- Consider arranging a ride home, as the test can cause brief dizziness.