

Roberts Hearing Clinic & Dizziness Diagnostic Center

4007 Parliament Drive, Alexandria, LA 71303

(318) 442-9812

Name: _____

Appointment Date: _____

VNG INSTRUCTIONS

Your Doctor has ordered a test designed to assess the function of your inner ear. This test measures nystagmus (back and forth eye movements) and is called Videonystagmeography (VNG). VNG testing consists of three parts: 1) Watching a series of lights on the wall, 2) Turning your head in several different positions, and 3) Having your ears irrigated with warm and cool water. The test time is approximately 45-60 minutes.

1. For 72 hours prior to the test, **NONE** of the following medications may be taken:
 - A. Antivert / Meclizine / Valium
 - B. Tranquilizers / Sedatives / Antidepressants / Sleeping Pills
 - C. Alcohol
 - D. Antihistamines / Cold Medications
2. **DO CONTINUE ALL ESSENTIAL MEDICATIONS!!!!!!** Such as, anything for your heart, blood pressure, insulin, or hormones.
3. Avoid caffeine for 24 hours prior to the test.
4. Please eat lightly 5 hours prior to your appointment.
5. Wear comfortable clothing.
6. Please do not apply eye make-up.

It is recommended that you do not drive for at least 5 hours after the test.

Please note: If a driver is not available at the time of your scheduled appointment, you may have a short wait time before we can release you.

If you have any questions concerning this test, please feel free to call us
at (318) 442-9812

Thank you!