

THE CENTER FOR HEARING AND BALANCE DISORDERS
226 S. Woods Mill Rd., Suite 58 West
Chesterfield, MO 63017
(314) 453-0001

Jacques A. Herzog, MD
Carolyn Bequette, M.S. CCC-A

Videonystagmography (VNG) – Instructions

****Testing will be performed at the St. Luke's office, Suite 58 West****

Videonystagmography (VNG) – a test of balance function

The test uses video goggles to record eye movements that provide Dr. Herzog with information regarding the function of your inner ear balance system.

There are three parts to the test. 1. You will follow some lights with your eyes. 2. You will lay with your head in different positions. 3. We will irrigate each ear with cold and warm air.

The test will take approximately one hour.

It is possible that you will feel some degree of dizziness during the test, however it is typically of short duration. You may prefer to arrange someone to drive you to and from the test.

In order to achieve optimal results, please follow these important instructions:

- **Do NOT** take any of the following medications for 2 days before the test – antihistamines, allergy medications, diet pills, sleeping pills, tranquilizers, anti-depressants, decongestants, or medications for dizziness (antivert, meclizine, valium).
- Continue to take medications for heart, blood pressure, diabetes, or any other medical condition requiring medication.
- **Do NOT** have alcoholic beverages for 2 days before the test.
- **Do NOT** have coffee, tea or soda after midnight the night before the test.
- **Do NOT** have anything to eat or drink at least 3-4 hours before the test.
- Please remove all eye and face make-up prior to the test.
- Please come to the test dressed comfortably.

If you have any questions regarding the above information, please feel free to contact us.

Your compliance with the above instructions will reduce the need for repeat testing and will ensure reliable results.