

Audiology Services
Vernick & Gopal, LLC
617-383-6830

Dix Hallpike Testing
Canalith Repositioning Maneuver (CRM)
Instructions

I. Appointment

You have been scheduled for a Dix Hallpike/Canalith Repositioning Maneuver on _____ at _____. The session will take approximately 30-45 minutes.

II. Description

The purpose of this session is to identify and/or treat you for Benign Paroxysmal Positional Vertigo (BPPV), a common and treatable balance disorder. During this session, you will lie on a table. The clinician will move you into various positions while monitoring your eye movements for *nystagmus* through a pair of video goggles. The presence, direction, speed and timing of the nystagmus will be used to identify and ultimately treat the BPPV. Although some people experience some dizziness during the test, it is usually of short duration and fully resolved by the end of the session.

III. Preparation

1. Make the meal just prior to the procedure a small one, e.g. for breakfast have juice and a piece of toast.
2. Do not wear make-up.
3. Remove contact lenses prior to testing.
4. Wear comfortable clothes. You will be asked to move in a variety of positions on an examining table.
5. You will be asked to remove your shoes prior to testing.

IV. Homework (new patients only)

Please answer the questions on the 'dizzy' questionnaire attached to this form and bring the completed form with you to your appointment. We look forward to seeing you.