

Audiology Services  
Vernick & Gopal, LLC  
ENG/VNG Instructions

**I. Appointment**

You have been scheduled for an electronystagmogram/videonystagmogram (ENG/VNG) on \_\_\_\_\_ at \_\_\_\_\_. The test will take approximately 1 ½ to 2 ½ hours, depending upon what other testing that may be done at this appointment, like hearing testing.

**II. Description**

The ENG/VNG tracks eye movement to determine if a particular eye movement, a *nystagmus*, is present (hence, the name-electronystagmogram). The direction, speed and timing of the nystagmus are useful in finding the cause of your dizziness. **Although some people experience a little dizziness during the test, the dizziness is of short duration, and by test completion, all signs of dizziness have usually subsided.**

**III. A. Medications**

Many medications suppress the nystagmus and reduce the accuracy of the testing. Please discontinue taking all non-essential medicines 48 hours prior to the test. **DO NOT DISCONTINUE ESSENTIAL, MAINTENANCE TYPE MEDICATIONS** (e.g. medicine for your heart, blood pressure, diabetes, seizure control, etc). If you have questions about whether a medication can be safely discontinued for the ENG/VNG, please contact the physician who prescribed it or the physician who ordered the ENG/VNG. The following medications are particularly disruptive to ENG/VNG testing.

- |                    |                   |
|--------------------|-------------------|
| 1. Tranquilizers   | 6. Sleeping pills |
| 2. Decongestants   | 7. Pain pills     |
| 3. Diet pills      | 8. Aspirin        |
| 4. Dizziness pills | 9. Antihistamines |

**B. Food and Smoking**

1. Make the meal just prior to the ENG/VNG a small one, e.g. for breakfast have juice and a piece of toast.
2. Please take no alcohol or medications containing alcohol for the 48 hours prior to the ENG/VNG. Have no coffee, tea or cola after midnight on the day of the test.
3. Please don't smoke within 4 hours of the ENG/VNG.

**C. Apparel**

1. Do not wear make-up or facial moisturizers or creams.
2. Remove contact lenses prior to testing.
3. Wear comfortable clothes. You will be asked to move in a variety of positions on an examination table.
4. You will be asked to remove your shoes prior to testing.

**IV. Homework**

Please answer the questions attached to this form and bring the completed form with you to your ENG/VNG appointment. We look forward to seeing you.