



**HEARING PROFESSIONALS**  
DOCTORS OF AUDIOLOGY  
PERSONALIZED HEARING CARE & BALANCE CENTER

**INSTRUCTIONS FOR VIDEONYSTAGMOGRAPHY (VNG)**

This is a test of the balance mechanism of the inner ear. It will help to locate malfunctions of your balance mechanism that might cause dizziness and other symptoms. This test is not painful, however, it is time consuming (1 to 1 ½ hours), so please be prompt.

Please follow the instructions below. Failure to follow the instructions can cause your test results to be false or inaccurate.

1. **DO NOT** wear make-up the day of your test, this includes foundations, powders and all eye make-up
2. **DO NOT** take any of the follow for at least 48 hours (preferably 72 hours) before the test:

Anti-nausea Medications – Dramamine, Compazine, Bonine, Marezine, Vontrol, Phenergan, Thorazine, etc. . . .

Anti-Vertigo Medications – Antivert, Ru-vert, etc. . . .

Tranquilizers – Valium, Librium, Atarax, Vistaril, Equanil, Miltown, Triavil, Serax, Etrafon, etc. . . .

Sedatives – Nembutal, Seconal, Dalmane, Doriden, Placidyl, Quaalude, Butisol, or any other sleeping pill

Narcotics and Barbiturates – Phenobarbital, Codeine, Demerol, Dilaudid Percodan, Phenaphen, etc. . . .

Anti-Histamines – Chlor-trimeton, Dimetane, Disophorol, Benadryl, Actified, Teldrin, Triaminid, Drixerol, Dimetapp, and/or any over the counter cold remedies

Alcohol – any quantity, including beer, wine and cough medicines containing alcohol

3. **DO NOT** drink any caffeinated beverages (coffee, tea, colas, cocoa etc. . . .) for 8 hours prior to testing
4. **DO NOT** smoke for at least 8 hours prior to testing

If you are taking the test in the morning, eat a very light breakfast (toast and juice). If you are taking the test in the afternoon, eat a light breakfast and light lunch.

**REMEMBER – no eye make-up, which includes eye shadow, mascara, foundation and powder.**

If you have any question, please feel free to call the office.

**Laurel**  
14201 Laurel Park Drive, 109  
Laurel, MD 20707  
301-604-3177

**Bowie**  
4000 Mitchellville Road, B124  
Bowie, MD 20716  
301-464-2036

**Waldorf**  
3460 Old Washington Rd, 203  
Waldorf, MD 20602  
301-932-4237

**California**  
23077 Three Notch Road, 101  
California, MD 20619  
301-737-4040