

Balance Assessment Instructions

Dear Patient:

You have been scheduled for a balance test at our office. This is a series of tests that helps in the assessment of the balance system by measuring different functions.

One of the exams is called Videonystagmography (VNG). To accomplish the test, infrared video cameras attached to a pair of goggles are placed on your head and is connected to a special computer. During the test, the computer records eye movement patterns while you perform a set of simple tasks. These include fixating on and following a moving light, while lying in different positions and tests called caloric measures. Caloric measures involve directing warm and cool air into both ears and recording the movement of the eyes.

You may be asked to stand on solid support surfaces, on foam or perform different movements to assess your limits of stability and strategies that you employ to move around.

The tests take about an hour and a half to complete. Rarely some patients get dizzy at the end of the evaluation. You may wish to have someone available to drive you home. It is important to wear comfortable clothing for the evaluation. You may be asked to remove your shoes, therefore slip-on shoes would be convenient.

In order to achieve the most favorable test results, please review the following instructions:

48 HOURS PRIOR TO THE TEST “DO NOT” TAKE ANY OF THE FOLLOWING:

ANTI-DIZZINESS MEDICATIONS	ALCOHOL	ANTIHISTAMINES
SEDATIVES	TRANQUILIZERS	

Please Note: You are to continue with all other prescription medications that you regularly take.

3 HOURS PRIOR TO THE TEST

DO NOT EAT
DO NOT SMOKE
DO NOT DRINK CAFFEINE PRODUCTS (COFFEE, SODA)
DO NOT WEAR ANY EYE MAKEUP OR FOUNDATION