

## ENG/VNG Instructions

**DO NOT TAKE** any of the following for **two-days (48 hours)** prior to your balance test:

- **Antihistamines** (Benadryl<sup>®</sup>, Claritin<sup>®</sup>, Zyrtec<sup>®</sup>, Allegra<sup>®</sup>, Xyzal<sup>®</sup>, Clarinex<sup>®</sup>, Astepro<sup>®</sup>, Patanase<sup>®</sup>)
- **Antidepressants / Antianxiety** (Prozac<sup>®</sup>, Zoloft<sup>®</sup>, Sarafem<sup>®</sup>, Celexa<sup>®</sup>, Wellbutrin<sup>®</sup>, Pristiq<sup>®</sup>, Lexapro<sup>®</sup>, Sinequan<sup>®</sup>, Cymbalta<sup>®</sup>, Remeron<sup>®</sup>, Pamelor<sup>®</sup>, Trazodone, Effexor<sup>®</sup>, Buspar<sup>®</sup>, Serzone<sup>®</sup>, Ativan<sup>®</sup>, Xanax<sup>®</sup>, Valium<sup>®</sup>, Amitriptyline, Elavil<sup>®</sup>)
- **Sedatives / Sleeping Pills** (Ambien<sup>™</sup>, Halcion<sup>®</sup>, Sonata<sup>®</sup>, Restoril<sup>™</sup>, Versed<sup>®</sup>, Lunesta<sup>®</sup>)
- **Anti-dizziness / Antinausea Medications** (Antivert<sup>®</sup>, meclizine, Phenergan<sup>®</sup>, promethazine, Compazine<sup>®</sup>)
- **Pain Medications** (OxyContin<sup>®</sup>, Vicodin<sup>®</sup>, Lortab<sup>®</sup>, codeine, hydrocodone, Norco<sup>®</sup>, Tylenol<sup>®</sup> with codeine, Demerol<sup>®</sup>, morphine, Ultram<sup>®</sup>)
- **Muscle Relaxers** (Flexeril<sup>®</sup>, Soma<sup>®</sup>, Skelaxin<sup>®</sup>, Zanaflex<sup>®</sup>, Valium<sup>®</sup>)
- **Alcohol** (including medications and mouthwashes such as NyQuil<sup>®</sup> and Scope<sup>®</sup> Mouthwash)
- **Caffeine** (Excedrin<sup>®</sup>, coffee, tea, chocolate, soda (colas))

**Please continue to take medications prescribed for diabetes, blood pressure and thyroid conditions.**

If you are taking a drug in any of the above categories that is not listed, please discontinue use of the medication or call our office with questions. **We will not be able to perform the test in the event that any of the medications or substances listed above has been ingested within 48-hours (two days) of the scheduled ENG test.** If you have any questions regarding medications that you may be taking, please contact South Texas ENT Consultants - Audiology Department at (210) 614-5600, Ext. 113.

### **ON THE DAY OF YOUR TEST:**

- **DO NOT EAT** for four (4) hours before your test, (this is to prevent nausea).
- **DO NOT USE ANY FORM OF TOBACCO** on the day of the test.
- **DRESS COMFORTABLY.** You will be sitting and lying on a table for testing.
- **DO NOT WEAR EYE MAKEUP OR FOUNDATION** on your forehead or around your eyes.
- **DO NOT WEAR EARRINGS** or other jewelry around your neck
- For your safety, **AN ADULT FAMILY MEMBER OR FRIEND MUST DRIVE YOU HOME** after your test. If you arrive for your ENG unaccompanied, we will be unable to perform the test. (You may feel sleepy, lightheaded, dizzy, or nauseous after the test and will not be able to drive.)
- If you have corrected vision, we prefer that you wear glasses instead of contact lenses. (Contact lens wearers tend to blink excessively, which can make the test interpretation more difficult or inaccurate.)

### **Information about Electronystagmography (ENG) / Videonystagmography (VNG):**

ENG/VNG is a group of tests that measure eye movements to look for signs of vestibular (balance system) dysfunction or neurological problems. The test takes one to two hours to perform. Eye movements are recorded and analyzed via small electrodes placed on the skin around the eyes (ENG) or using an infrared video camera mounted inside goggles that the patient wears (VNG). Tests evaluate the movement of the eyes as they follow a moving target and as the head is moved into various positions. During the caloric test, warm or cold air is circulated in the ear canal. The temperature change stimulates the inner ear in order to test the involuntary eye movements.

**If you have any questions about the instructions, please call  
South Texas ENT Consultants, Audiology Dept. (210) 614-5600 Ext. 113**