



760-631-3000

Videonystagmography (VNG)

This test provides an objective measure of the vestibular (balance) system consisting of 3 parts:

1. **Eye movements:** you will watch a target light that is either stationary or in motion.
2. **Positionals:** you will move through various head and body positions.
3. **Calorics:** your ears will be warmed or cooled with 60 seconds of airflow into your ear canals. The third portion of the test may elicit a sensation of turning that lasts less than two minutes and subsides as the ear returns to your normal body temperature. The purpose of these procedures is to determine if any of them elicit nystagmus (rhythmic, involuntary eye movements).

How to prepare for a VNG

- It is best **NOT** to eat a large meal before the test. Eating something light 2 hours before the test is permitted.
- Alcohol and caffeine should **NOT** be taken for 48 hours prior to VNG test.
- Do not wear any eye makeup. You will be required to remove ALL eye makeup.
- **NO** false eyelashes of any kind can be worn during testing.
- It is very important that your ears be free and clear of wax or your appointment may need to be rescheduled. Over the counter ear cleaning kits from your pharmacy are suggested, no later than 2 days prior to testing.
- Antihistamines, anti-dizziness, sedation, or pain medication should **NOT** be taken 48 hours prior to VNG testing.
- Transderm Scopolamine patch must remain off for 72 hours prior to testing.
- The following medications should **NOT** be taken for 48 hours prior to VNG testing:
 - Meclizine •Xanax •Dramamine •Temazepam
 - Oxazepam •Benadryl •Klonopin •Librium
 - Valium (Diazepam)
- It is highly recommended that you have a driver available to take you home after the test.

If you cannot make this appointment, please call our office at 760-631-3000 at least 24 hours prior to this appointment. We would be happy to reschedule your appointment for a more convenient time.