



## Videonystagmography (VNG) Pre-Test Instructions

### What is a VNG?

VNG is a test that helps assess the function of the balance system. During the test you'll be wearing a pair of goggles designed with a camera for each eye. The cameras videotape and record eye movement, allowing us to measure visual tracking and a certain type of eye movement called nystagmus.

VNG testing consists of multiple subtests to assess the vestibular nerve and overall balance system.

1. **Oculomotor testing:** Patients follow a moving target to evaluate eye movement control.
2. **Positional testing:** The head and body are placed in different positions to identify abnormal responses to changes in position.
3. **Caloric testing:** Warm and cool air or water are introduced into the ear canal to assess each ear's function separately.

### How do I prepare for the VNG Test?

The VNG test is designed to give your physician information regarding the source of your dizziness/vertigo/imbalance. Below are the following notes on how to prepare. Following these instructions is imperative for accurate and reliable test results. ***Failure to comply with these instructions may result in false or misleading results and your appointment will need to be rescheduled.***

1. Please eat lightly 12 hours prior to your appointment. If your appointment is in the morning, you may have a light breakfast such as toast and juice. If your appointment is in the afternoon, eat a light breakfast and have a light snack for lunch.
2. Please avoid caffeinated beverages such as coffee, tea or soft drinks.
3. Please do not wear eye make up the day of the test. The cameras focus on the darkest part of the eye, the pupil. When the camera detects other dark areas, such as eyeliner or mascara, it jumps around trying to record that as well, compromising the quality of the recording.
4. Certain medications or substances can influence the body's response to the test, causing a false or misleading result. Please refrain from taking the medications or substances found on the medication list for 48 hours prior to your test date: *Always consult with your physician before discontinuing any prescribed medication.*
5. Transdermal Scopolamine patch must remain off for 72 hours prior to testing.
6. It is very important that your ears be free and clear of wax. Over the counter ear cleaning kits from your pharmacy are suggested, or seeing your primary physician or ENT no later than 2 days prior to testing.

### How will I feel after the test?

Portions of the test may induce a sensation of motion, but this effect is brief and temporary. Please make sure to have a driver available.

### How do I get results?

The results of the VNG test provide information that is useful in determining the cause of dizziness or imbalance and in making recommendations for treatment. The VNG Laboratory is **a testing facility only**. Although a physician will be involved in interpreting the study, this does not constitute a consultation. We as cannot make any medical recommendations or provide results. Please ensure you have a proper follow up with your referring physician for results.