

Selective Hearing ENG/VENG Patient Instructions

An Electronystagmography (ENG) or Video Electronystagmography (VENG) has been ordered by your physician to help determine the cause of your dizziness or balance problems. The procedure is painless, and will last 60-90 minutes. During the test, eye movements will be recorded while you follow lights and lay in different positions, and while warm and cool air are introduced into each ear canal. Recordings will be made with infrared goggles.

Please arrive 15 minutes prior to testing time to complete patient registration.

So that we can obtain the most accurate results, please review the following instructions:

- Medications greatly influence the test results. **For 48 hours (two days) prior to your test do NOT take any of the following medications as they will affect the test results.** If you are unsure about discontinuing any medication, contact your prescribing physician.
 - ❖ Anti-nausea and anti-dizziness medications (Antivert, Meclazine, Dramamine, etc.)
 - ❖ Antihistamines, Decongestants, and Cold Pills (Dimetapp, Benedryl, Claritin, Allegra, etc.)
 - ❖ Sedatives and Sleeping Pills (Halcion, Restoril, etc.)
 - ❖ Tranquilizers (Valium, Librium, Atarax, Serax, etc.)
 - ❖ Pain relievers or Narcotics (Aspirin, Codeine, Demerol, Percocet, etc.)
 - ❖ Stimulants, Amphetamines, or Appetite Suppressants
 - ❖ Alcohol (Beer, Wine, Cough Medicine, etc.)
- **Vital medications SHOULD NOT be stopped.** Continue to take medications for heart, blood pressure, thyroid, birth control, antidepressants, anti-seizure and diabetes.
- **Wear comfortable clothing** (preferable slacks) that allows you to move easily.
- **Do not wear any makeup**, especially mascara and eyeliner.
- If you wear glasses, please bring them. If you wear contacts, please bring both glasses and contacts. **You may need to remove contacts for testing.**
- **Do not drink caffeinated beverage** such as coffee, tea or cola 48 hours prior to the test
- **Do not eat or drink 4 hours prior to your test.** If you are diabetic or prone to lightheadedness, you may have a small, light meal or glass of juice. You will not be put to sleep, but you will be more comfortable during the test with an empty stomach.
- **Bring a driver.** The test may leave you with a short-lived feeling of imbalance, and we require someone drive you to and from the test. Your driver should remain in the building during testing.

Please feel free to call 337-291-9939 with any questions.