

APPOINTMENT: _____

**EAR, NOSE & THROAT ASSOCIATES
OF NASSAU COUNTY**

DIPLOMATE OF THE AMERICAN BOARD OF OTOLARYNGOLOGY
EAR, NOSE AND THROAT
HEAD AND NECK SURGERY
FACIAL PLASTIC SURGERY
ALLERGY

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VNG INSTRUCTIONS

1. **DO NOT TAKE** the following types of medications 48 hours prior to the test:
Anti-dizziness medications (antivert, meclizine, etc)
Decongestants or Antihistamines (Claritin, Allegra, Sudafed, Zyrtec, etc.)
Nasal sprays (Veramyst, Nasacort, Nasonex, Rhinocort, etc)
Tranquilizers, Anti-anxiety (Xanax, Ativan, Klonopin, sleeping pills, etc.)
2. If you take blood pressure, heart, cholesterol and diabetic medications please **CONTINUE** to take them.
3. Food and drink consumption:
NO alcohol 48 hours prior to the exam
NO caffeine the day of the exam (coffee, soda, tea etc.)
Try to avoid cigarette smoking the day of the exam
This test may make you dizzy, it is recommended **NOT** to eat 4 hours before the exam. If you need to eat, eat light at least 2 hours prior to test.
4. It is imperative that you **DO NOT** wear facial and eye make up around your eyes or on your forehead.
5. If you have contact lenses please wear them instead of your eyeglasses.

**IF YOU DO NOT FOLLOW THESE INSTRUCTIONS,
YOUR TEST WILL BE RESCHEDULED.**

ABOUT THE TEST

This test will be performed to assess your balance system. Goggles will be placed around your eyes. There are three parts to this exam. First, you will be asked to perform some visual tests with your eyes. Second, you will move your head in different positions. Third, your ear canal will be irrigated with air that is set at specific temperatures (2 times per ear). If you are normally too dizzy to drive, bring someone to accompany you. This exam should last approximately one hour.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL OUR OFFICE. PLEASE
OBTAIN A REFERRAL IF YOUR INSURANCE COMPANY REQUIRES ONE.

****24 HOUR NOTICE IS REQUIRED FOR ALL CANCELLATIONS, FAILURE
TO DO SO WILL RESULT IN A \$100 FEE****