



WICHITA EAR CLINIC

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Dizziness Testing

You are scheduled for an evaluation of your vestibular or balance mechanism. As part of your evaluation the doctor may request a videonystagmography (VNG). This test is designed to determine the response of the vestibular or balance center in each ear.

During the test, goggles will be worn to record eye movements. Tracings of eye movements are recorded with the body in different sitting and lying positions. Cool and warm probes are alternatively inserted in each ear canal, and recordings of eye movements are taken after this stimulation.

This test gives the doctor a permanent record of the inner ear balance mechanism. This test also helps determine the cause of dizziness and localize whether the dizziness is in the inner ear or elsewhere. If the doctor orders this test you should plan to be at the Clinic for at least two (2) hours for the complete evaluation.

Certain medications may change the findings of the VNG examination. Therefore, we ask that you avoid the following for 72 hours: alcoholic beverages, sleeping pills, antihistamines, over the counter cold or allergy medications, dramamine, antivert, meclizine, valium, scopolamine patches, and avoid or reduce smoking as much as possible. **DO NOT DISCONTINUE** any other routine prescription medications.

DO NOT WEAR facial lotion or eye makeup as this can impact recording of eye movements and the integrity of the testing.

Your appointment may be rescheduled if you neglect to follow these recommendations.

Plan to arrive at the Wichita Ear Clinic 15 minutes prior to the appointment time to allow for paper work to be done. If for any reason this appointment cannot be kept, please notify the clinic. If there are any questions, feel free to call the clinic at (316) 686-6608 or toll free (800) 794-7230.

Thank you,
Wichita Ear Clinic



are "hear" for you!