



& Balance Connection  
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Your VNG appointment is:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

### Instructions for VNG Patients

The VNG test is a special evaluation of vestibular (inner ear) function. The test is designed to assist in diagnosing the cause of your dizziness. The procedure is rather lengthy (about 1 ½ hours) and requires special preparations on your part. **It is very important that you follow these instructions or the test may be rescheduled:**

1. Discontinue all non-essential medications for 48 hours prior to your examination (including sleeping pills, tranquilizers, sedatives, antihistamines, anti-depressants, and any medications you are taking for dizziness). If you are not sure whether or not you can temporarily discontinue a particular medication, check with the physician who prescribed it. Should there be any medication, which you cannot discontinue, please write down the name and dosage and bring this information with you.  
**\*\*ALL LIFE SUSTAINING MEDICATIONS MUST BE CONTINUED. THESE INCLUDE HEART, BLOOD PRESSURE, DIABETES, AND SEIZURE CONTROLLING MEDICATIONS.**
2. Take nothing by mouth (no food or drink) for 4 hours prior to your appointment.
3. Use no alcohol for 48 hours prior to testing. Caffeine and tobacco should also be avoided.
4. Women **SHOULD NOT** wear make-up of any kind. Long hair should be pulled up into a ponytail or bun.
5. Wear comfortable clothing to the evaluation. Women should not wear skirts or dresses.
6. Please discontinue use of contact lenses 3 days prior to the test. Please wear your eyeglasses for those 3 days and the day of the evaluation.
7. Please have someone accompany you if at all possible. The test may cause you to be mildly dizzy for a brief time.

**If cancellation is necessary, please contact us at least 24 hours in advance, otherwise a missed appointment fee may be charged. (Inclement weather is an exception)**

**If you have any questions, please don't hesitate to call us at 479-657-6464.**