

VNG (& Epley) Patient Instructions

Patient must follow these instructions **2 days** prior to their scheduled procedure

If you have been scheduled for a **VNG** (to evaluate your inner ear balance system), or your **first Epley Maneuver** (to treat Benign Positional Vertigo), you **must not** take any of the following medications for a period of **48 hours** prior to your appointment.

- Alcohol
- Anti-dizziness medication
- Antihistamines (Claritin is okay, Zyrtec and Allegra are not)
- Anti-depressants (unless you have been taking them regularly for 3 months)
- Barbiturates
- Muscle relaxants
- Sedatives
- Sleeping pills
- Tranquilizers
- Pain medications (Tylenol and aspirin are okay, Advil and Nuprin are not)

- ⇒ *Continue* taking heart, blood pressure, cholesterol, diabetic and/or thyroid medications
- ⇒ Do not smoke, eat or drink for 3 hours prior to this test.
- ⇒ Dress comfortably. *Women should **NOT** wear eye make-up.*
- ⇒ Ear canals must be clear of cerumen (ear wax)

Videonystagmography (VNG) involves wearing eye goggles held on by a strap worn around your head. Small cameras inside the goggles record your eye movement, measuring significant information which is viewed both during and after the test session. A number of subtests will be performed during which you will be asked to watch a visual target. Other tests require that you lay flat with your head in different positions. The final part of the test involves directing a current of cool and warm air into your outer ear canals. This is not painful; however, it may result in feeling a sense of motion. If this occurs, which is normal, it typically lasts a short time.

Cancellations or questions? Contact us at **(559) 432-5973**. We request a minimum 24-hour cancellation notice.



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