



PATIENT INSTRUCTIONS FOR VNG/ENG, ABR, ECoG Testing

Please read at least **48 hours** prior to scheduled appointment

Name _____ Appt. Date/Time _____ AM/PM

Office: St. Marys Celina Doctor: Ellen Hunter Peg Meiring

You have been scheduled for vestibular testing because of dizziness, disequilibrium, or another balance disorder. Testing will take approximately 2 hours and may cause a sensation of motion that may linger. **It is necessary that you have someone accompany you to and from your appointment.** Please arrive approximately 15 minutes prior to your appointment for paperwork and insurance information.

*****Always consult your physician before discontinuing any prescribed medication.**

Please refrain from taking certain medication for 48 hours prior to your test date. Certain medications can influence the body's response to the test, thus giving false or misleading results. The list of medications below should be avoided, please note that **this is not a complete list.**

Anti-depressants: Anafranil, Adapin, Elavil, Endep, Norpramin, Pamelor, Sinequan, Surmontil, Tofranil, Vivactil

Anti-vertigo Medicine: Antivert, Mecitizine, Ru-vert, Dramamine. Including Patches.

Alcohol: beer, wine, cough medicine.

Analgesics-Narcotics: Codeine, Demerol, Phenaphen, Tylenol with Codeine, Percocet, Darvocet

Anti-Histamines: Any over the counter cold medications, Dimetapp, Benedryl, Actifed, Claritin, Hismanol.

Anti-seizure: Dilantin, Tegretol, Phenobarbital

Anti-nausea Medicines: Compazine, Bucladin, Thorazine, Phenergan, Scopalmine, Transderamal.

Barbiturates: Mysoline, Nembutal

Sedatives: Halcion, Restoril, Nembutal, Seconal, Dalmane, or any sleeping pill.

Tranquilizers: Valium, Librium, Atarax, Vistaril, Serax, Ativan, Librax, Tranxene, Xanax

You may take blood pressure medications, heart medications, thyroid medication, Tylenol, insulin, estrogen, etc.

*Please refrain from eating **4 hours** prior to your appointment. If you must eat, eat a light snack. Please avoid caffeine as well. (This does not apply to ABR or ECoG testing)

*Remove contact lenses before the examination.

*Wear comfortable/casual clothing.

*Please do not wear facial lotions, face or eye make-up to the test. **PLEASE DO NOT WEAR MASCARA.**

*Plan on resting the remainder of the day following this test.

Should you have any questions regarding this procedure, please call (419) 584-2255. If you are unable to keep this appointment, kindly call our office 24 hours in advance.