

OSU Eye & Ear Institute

**915 Olentangy River Rd, Suite 4000
Columbus, OH 43212**

**Phone: (614) 366-3687 (scheduling)
Phone: (614) 293-5963 (test questions)**

OSU BALANCE DISORDERS CLINIC-DEPARTMENT OF OTOLARYNGOLOGY

IMPORTANT PRE-TEST INSTRUCTIONS FOR VNG/BALANCE TESTING

STOP THESE MEDICATIONS FOR A FULL 48 HOURS: MECLIZINE, ANTIVERT, VALIUM, DRAMAMINE, BONINE, OR ANY MEDS YOU TAKE FOR DIZZINESS INCLUDING THE USE OF A SCOPOLAMINE PATCH. If you forget and take any of the above medications in the 48 hours prior to your appointment, we will be unable to perform your test and will need to reschedule your appointment in order to obtain reliable results.

WE PREFER YOU STOP THE FOLLOWING KINDS OF MEDICATIONS FOR 48 HOURS PRIOR TO YOUR APPOINTMENT IF YOU ARE ABLE: Anti-depressants, sleeping pills, tranquilizers, anti-anxiety medications, anti-nausea meds, sedatives, prescription pain killers that contain narcotics, or cold and allergy medications that may make you sleepy such as Benadryl, Nyquil, etc. **However, some medications should not be stopped abruptly. Please check with your pharmacist or the physicians who wrote the prescription regarding any questions or concerns regarding stopping these medications.** If you were unable to stop any of the meds mentioned in this paragraph, please let the Balance Lab know when you present for your appointment.

Do not drink any type of alcohol for 48 hours prior to this appointment.

CONTINUE ALL OTHER MEDICATIONS

Do not eat 2 hours before the test. Part of the test makes you briefly dizzy and will often cause nausea. If you are diabetic and need to eat in the two hours prior to testing, please keep the meal light. Keep liquids to a minimum as well.

Do not wear contact lenses. ENG/VNG testing requires measurement of eye movements and contact lenses interferes with accurate recordings. If you wear your contacts to the appointment, please bring your lens case.

Eyes must be completely clear of make-up.

Some patients experience slightly increased symptoms of dizziness after testing and you may wish to have someone available to drive you home.

Please call us if you have any questions.