

APPOINTMENT: _____

EAR, NOSE & THROAT ASSOCIATES OF NASSAU COUNTY
DIPLOMATE OF THE AMERICAN BOARD OF OTOLARYNGOLOGY
EAR, NOSE AND THROAT, HEAD AND NECK SURGERY FACIAL PLASTIC SURGERY, ALLERGY

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VNG INSTRUCTIONS

1. **DO NOT TAKE** the following types of medications 48 hours prior to the test:
 - Anti-dizziness medications (Antivert, Meclizine, Dramamine, Bonine) etc.)
 - Decongestants or Antihistamines (Claritin, Allegra, Sudafed, Zyrtec, Xyzal etc.)
 - Nasal sprays (Flonase, Nasacort, Nasonex, Rhinocort, etc.)
 - Tranquilizers, Anti-anxiety, Anti-depressants, Sleeping Pills (Xanax, Ativan, Klonopin, Ambien etc.)
 - Anti-Nausea medications (Vompazine, Thorazine, etc.)
 - Narcotics and Barbiturates (Phenobarbital, Codeine, Demerol, Dilaudid, etc.)
 - Stimulants (Ritalin, etc.)
 - Pain Medications (Valium, Robaxin, etc.)

Contact the office if there is a medication you take on a daily basis.
Please DO NOT stop the medication without permission from your prescribing physician.
2. If you take blood pressure, heart, cholesterol, thyroid, diabetic medications, seizure medications and any medications deemed necessary by your physician please **CONTINUE** to take them. Aspirin, Ibuprofen and Acetaminophen are also acceptable to take if necessary.
3. Food and drink consumption:
 - **NO** alcohol 48 hours prior to the exam
 - **NO** caffeine the day of the exam (coffee, soda, tea etc.)
 - **Try** to avoid cigarette smoking the day of the exam
 - This test may make you dizzy, it is recommended **NOT** to eat 4 hours before the exam. If you need to eat, eat light at least 2 hours prior to test.
4. It is imperative that you **DO NOT** wear facial, and eye make-up (including mascara and eyeliner) on your eyes or on your forehead.
5. If you have contact lenses, please wear them instead of your eyeglasses.
6. Please dress comfortably. You will be sitting and laying down for the duration of the test.
7. **NO PERFUMES, COLOGNES OR SCENTED MOISTURIZERS!** Deodorant is fine.
8. It is recommended that you bring a driver as this test can cause temporary dizziness to occur.

**IF YOU DO NOT FOLLOW THESE INSTRUCTIONS,
YOUR TEST WILL BE RESCHEDULED.**

ABOUT THE TEST

This test will be performed to assess your balance system. Testing takes about 1 hour. Goggles will be placed around your eyes. There are three parts to this exam. First, you will be asked to perform some visual tests with your eyes. Second, you will move your head in different positions. Third, your ear canal will be irrigated with air that is set at specific temperatures (2 times per ear). ***This test can make you dizzy; therefore, you must bring a driver.***

PLEASE OBTAIN A REFERRAL IF YOUR INSURANCE COMPANY REQUIRES ONE.

****24 HOUR NOTICE IS REQUIRED FOR ALL CANCELLATIONS, FAILURE TO DO SO WILL
RESULT IN A \$100 FEE****

IF YOU HAVE ANY QUESTIONS, PLEASE CALL OUR OFFICE (516) 731-6644