



Cypress Ridge Professional Center
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VNG Testing Instructions

The VNG (Videonystagmography) is a test designed to help your physician determine the source of your dizziness, unsteadiness, or vertigo. The test takes approximately 45 minutes to 1 hour to complete and will take place in **our office at 2311 Cypress Cove, Suite 101, Wesley Chapel, FL 33544.**

Please carefully follow these instructions 2 days before your scheduled appointment:

- DO NOT take aspirin or any medication containing aspirin for **2 days before** the test.
- DO NOT drink any alcohol or take any medication containing alcohol for **2 days before** the test.
- Discontinue ALL medications listed below for **2 days prior** to the test date, **EXCEPT** those used for a heart condition, blood pressure, diabetes, or seizures.
- Discontinue medications such as allergy pills, tranquilizers, sleeping pills, decongestants, pain pills, nerve pills, dizziness medications, etc. **2 days before** the test.
- DO NOT drink any beverage or take any medication containing caffeine (coffee, tea, soft drink, energy drink, Excedrin) **the day of** the test.
- DO NOT eat solid foods for **2 hours before** the test. If your appointment is during the late afternoon (i.e. 3:00 pm or later), it is okay to eat a light lunch between 12 noon and 1:00 pm.
- Wear comfortable clothing, as you will be changing positions on the exam table. Additionally, you may choose to wear flat/low-heeled shoes in the event you feel off balance or dizzy at the conclusion of the evaluation.
- DO NOT apply mascara or eye liner before the test.
- Remove contact lenses before the exam.
- If possible, bring someone to drive in the event you feel off balance or dizzy at the conclusion of the evaluation.

Medications that will influence VNG results (do not take for 2 days prior to test date):

- Antipyretic (fever) – aspirin
- Alcohol – beer, whiskey, wines, liquid medications containing alcohol (e.g. cough syrup)
- Antidinic (vertigo) – Meclizine (Antivert), Ru-vert, Scopolomine, etc.
- Antiemetic (nausea) – Dramamine, Phenergan, Compazine, Marezine, Thorazine, etc.
- Antihistamine/Decongestants (cold and allergy) – Dimetapp, Actifed, Sudafed, Benadryl, Triaminic, Dristan, Contact, Chlortrimeton, Claratin, Zyrtec, etc.
- Narcotics and Barbituates – Vicodin, Percodan, Darvon, Darvocet, Demerol, Dilaudid, Cocaine, Codeine, Marijuana, Phenaphen, Phenobarbitol, etc.
- Sedatives (sleeping) – Halcion, Dalmane, Seconal, Quaaludes, Nembutal, etc.
- Tranquilizers (nerves) – Valium, Ativan, Xanax, Librium, Vistaril, Triavil, Atarax, Equanil, Miltown, etc.
- Antidepressants - Zoloft, Lexapro, Cymbalta, Paxil, Prozac, Elavil, Wellbutrin, etc.

Medication can be resumed immediately following the VNG evaluation. Your cooperation in following these instructions will improve the quality of your examination.

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