



**Parker Ear, Nose and Throat
148 East Avenue
Norwalk, CT 06851**

(203) EAR-NOSE

OF FAIRFIELD COUNTY

PLEASE READ THIS AS SOON AS RECEIVED (AT LEAST 3 DAYS PRIOR TO TESTING)

You have been scheduled for a diagnostic evaluation of your balance system, called a videonystagmography (VNG). The purpose of this test is to determine the cause of your symptoms and to locate the problem area. The information obtained from the VNG will help us to reach a diagnosis and prescribe the proper course of treatment.

PRE-TEST INSTRUCTIONS:

DO NOT TAKE ANY OF THE FOLLOWING FOR 48 HOURS PRIOR TO YOUR APPOINTMENT:

Alcoholic beverages in any quantity	Cold medications	Anti-nauseas medications
Sleeping pills	Antihistamines	Anti-dizzy medication
Tranquilizers	Allergy medication	
Pain medication	Sedatives	Anti-seizure medication

Do NOT stop any medication for heart problems, high blood pressure or diabetes. Please call our office if you have any questions or concerns before discontinuing any prescribed medication.

Please eat lightly three hours prior to your appointment. If your appointment is in the morning you may have a light breakfast such as toast and juice. If your appointment is in the afternoon, eat an early light snack.

The test involves measuring eye movement with video lenses and we ask that you **do not wear eye make-up, especially mascara**. If you are visually impaired, it is preferable that you wear contact lenses if possible. Wear comfortable clothes as you will be asked to move about on the examination table. Women may wish to wear slacks or pants.

Occasionally some individuals feel a sensation of motion that may linger after the test. Therefore, we encourage you to either have someone drive you home or have a contact person to come if necessary.

Attached is a Dizziness Questionnaire. Please complete it and bring it with you to your appointment.

If you have any questions or concerns regarding the test, please call our office at (203) 866-8121