

**ENG/VNG**  
**(Electronystagmography/Videonystagmography)**

**Patient Instructions**

You are instructed to refrain from taking certain medications for 48 hours prior to your test date. Certain medications/substances can influence the body's response to a test, thus giving a false or misleading result. You will find a short list below of medications/substances that will affect test results. If you have any questions or concerns about discontinuing medications please consult your doctor.

**Alcohol:** beer, wine, cough medicine

**Anti-seizure medicine:** Dilantin, Tegretol, Phenobarital

**Anti-vertigo medicine:** Anti-vert, Ru-vert, Meclizine

**Sedatives:** Halcoin, Restoril, Nembutal, Seconal, Dalmane, or sleeping pills

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

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

**Anti-nausea medicine:** Atarax, Dramamine, Compazine, Bucladin, Phenergan, Thorazine, Scopalomin, Transderman

**Anti-histamine:** Chlor-trimeton, Dimetapp, Disophrol, Benadryl, Actifed, Teldrin, Triaminic, Hismanol, Claritin, any over the counter cold/allergy remedies

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

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

Please eat lightly for 12 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 a light breakfast and have a light snack for lunch. **Please avoid caffeine in beverages such as coffee or soft drinks.**

Do not wear eye makeup (mascara, eye shadow, etc.)

Please bring glasses/contact lenses to the appointment.

**The Exam**

A comprehensive battery of tests will be performed during the two hour appointment allocated for you. Prior to each test and explanation will be given so that you will have a better understanding of what is being tested and why. We make every attempt to make your visit comfortable as well as educational.

Testing may cause a sensation of motion that may linger. If possible, we encourage you to have someone accompany you to and from the appointment, however, if this is not possible try to plan your day to include an extra 15-30 minutes after your test before leaving the office.

Once your evaluation is completed each part is carefully evaluated and reviewed. This process is as important as you test, so please understand that your test results will not be discussed in detail at the time of your evaluation. Once the interpretation has been made, a detailed report will be forwarded to your referring physician.

Please call 203-287-9915 if you have any questions about this exam.