

## Vestibular Function Testing Instruction Sheet

BalanceMD is a specialized clinic designed to diagnose and treat patients with dizziness, vertigo, and/or imbalance. BalanceMD utilizes the most updated techniques and testing equipment in order to identify the source of your symptoms.

You are receiving this instruction sheet because Dr. Sanders has recommended that you undergo Vestibular Function Testing. This test allows us to diagnose abnormalities in your “balance” system, including the inner ear and brain. The appointment time is 90 minutes. Please follow the instructions below in preparing for your visit.

- 1) Please **discontinue** the following medications for at least **72 hours** prior to your appointment. If you are unable to stop these medications, please contact our office.

Antivert (meclizine)  
Phenergan (promethazine)  
Valium (diazepam)

Xanax (alprazolam)  
Scopolamine patch  
cold or allergy pills  
medication for sleep

- 2) **Do not wear eye makeup** as it will interfere with testing.
- 3) Do not eat a meal for at least 4 hours prior to your appointment. A light snack is fine. Some of the testing may cause dizziness and/or nausea.
- 4) Minimal drink is also recommended for 1 hour prior to the testing.
- 5) Some patients experience slightly increased symptoms of dizziness immediately following the testing, so ***you may wish to have someone available to drive you home.***
- 6) If you are known to have earwax build up, please have your ears cleaned prior to testing.

Because the VNG requires a considerable amount of time, there is a \$100.00 cancellation fee if you do not notify BalanceMD at least 48 hours in advance. The office number is (888) 888-DIZZY (3499)