

## **Vestibular Function Testing Instruction Sheet**

BalanceMD is a specialized medical clinic designed to diagnose and treat those suffering from dizziness, vertigo, and/or imbalance.

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. **Discontinue** the following medications for at least 72 hours prior to your appointment for Vestibular Function Testing. If you are unable to stop these medications, please contact our office.

Antivert (meclizine)	*Valium (diazepam)
Phenergan (promethazine)	*Xanax (alprazolam)
Scopolamine patch	*Ativan (lorazepam)
Cold or Allergy pills	*Klonopin (clonazepam)
Sleeping pills (Elavil or amitriptyline is okay to continue)	

\*These are okay to continue if you have been taking consistently for more than 6 weeks

2. **Do not wear eye makeup** as it will interfere with testing.
3. Some of the vestibular function testing may cause dizziness and/or nausea, so do not eat a meal at least 4 hours prior to and no beverages 1 hour prior to the testing. Please no alcohol and minimize caffeine at least 24 hours prior to testing.
4. Some may experience increased symptoms of dizziness immediately following the testing, so ***you may wish to have someone available to drive you home.***
5. If you are known to have earwax build up, please have your ears cleaned prior to testing.

**Because Vestibular Function Testing 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)**