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Videonystagmography (VNG) Patient Instructions

VNG testing requires an appointment of 1 hour to complete. Occasionally your doctor may also request a different test to be performed. Please be advised that these directions need to be followed in order for the test to be performed accurately. **If these instructions are not followed, your appointment will be rescheduled and you will be subject to the \$40 late notice fee.**

Patient Name: _____ Appt Date and Time: _____

Information Regarding Your Test

The purpose of vestibular testing is to evaluate the function of your balance system. This test uses video goggles placed over the eyes with a small camera inside that will record your eye movement throughout the test. This eye movement will provide your physician with information about your brain's ability to coordinate balance signals, react to change in position, and determine the function of your inner ears.

Many portions of the test can be influenced by medication and/or medical conditions. Therefore, to get the best reading so we can better serve you, we ask that you read and adhere to the following instructions.

Medications: It is important that **NONE** of the following medications be taken **48hrs prior** to testing:

<ul style="list-style-type: none">*Sleeping Pills*Barbiturates*Anti-dizzy Medication (Meclizine, Antivert, Etc...)*Muscle Relaxants	<ul style="list-style-type: none">*Tranquilizers (Valium, Etc...)*Pain Pills/Patches (Vicodin, Codeine, Tylenol, Etc...)*Pills or Patches for Nausea or Motion Sickness*Cough or Cold Medications*Decongestants*Antihistamines (Allergy Medications)
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Additional Instructions:

<ul style="list-style-type: none">*No Nicotine, Caffeine, or Alcoholic beverages for At least 24 hrs prior to testing.*Do Not wear eye or face makeup*Do Not use lotion on the face*Do Not wear contacts*Eat a light meal prior to testing	<ul style="list-style-type: none">*Please use good hygiene with no perfume or cologne*Dress comfortably*Please bring concealer if you have tattooed Eye liner
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Important:

DO NOT stop any life-supporting medications (insulin, digitalis, dilantin, etc...) Please contact the office if you have any questions about whether or not a medication should be stopped.

Patient Signature: _____ Date: ____/____/____

VNG Testing

VNG testing is used to determine if a vestibular (inner ear) disease may be causing a balance or dizziness problem, and is one of the only tests available today that can decipher between a unilateral (one ear) and bilateral (both ears) vestibular loss. VNG testing is a series of tests designed to document a person's ability to follow visual objects with their eyes and how well the eyes respond to information from the vestibular system.

This test also addresses the functionality of each ear and if a vestibular deficit may be the cause of a dizziness or balance problem. To monitor the movements of the eyes, infrared goggles are placed around the eyes to record eye movements during testing. VNG testing is non-invasive, and only minor discomfort is felt by the patients during testing as a result of wearing goggles. Appointments usually last about 1hour..

There are 4 main parts to a VNG test:

1. Ocular Mobility

You will be asked to have your eyes follow objects that jump from place to place, stand still, or move smoothly. The technician will be looking for any slowness or inaccuracies in your ability to follow visual targets. This may indicate a central or neurological problem, or possibly a problem in the pathway connecting the vestibular system to the brain.

2. Optokinetic Nystagmus

You will be asked to view a large, continuously moving visual image to see if your eyes can appropriately track these movements. Like the ocular mobility tests, the technician will be looking for any slowness or inaccuracies in your ability to follow visual targets. This may indicate a central or neurological problem, or possibly a problem in the pathway connecting the vestibular system to the brain.

3. Positional Nystagmus

The technician will move your head and body into various positions to make sure that there are no inappropriate eye movements (nystagmus), when your head is in different positions. This test is looking at your inner ear system and the condition of the endolymph fluid in your semi-circular canals. The technician is verifying that small calcium carbonate particles called otoconia are not suspended in the fluid and causing a disturbance to the flow of the fluid.

4. Caloric Testing

The technician will stimulate both of your inner ears (one at a time) with warm and then cold air. They will be monitoring the movements of your eyes using goggles to make sure that both of your ears can sense this stimulation. This test will confirm that your vestibular system for each ear is working and responding to stimulation. This test is the only test available that can decipher between a unilateral and bilateral loss.