

Videonystagmography (VNG)

Importance of Test

The Videonystagmography test assesses the vestibular system. This system manages your stability and senses of whether you or something in the environment is in motion. Any disturbance to this system can result in the sensation of dizziness, vertigo (sensation of spinning) or dizziness. Often these sensations improve only to return shortly after. In order to prevent reoccurrence of any of these symptoms and possible falls and injury that may follow the office strongly advises you have this test.

Test Description

The test is comprised of 4 components. During all 4 parts, the individual is wearing goggles in order to record eye movements. The first is a series of preliminary test that requires little to no motion in the dark. Next, the patient watches moving targets on a TV screen. During the third component, the patient lies in various positions. Lastly, cool and warm air is placed in each ear separately.

Patient Instructions

1. Eat lightly or refrain from eating for 4 hours prior to the test.
2. Refrain from caffeine and nicotine for 4 hours prior to the test.
3. Wear comfortable clothing.
4. No makeup is permitted, especially that which is around eyes.
5. If you wear contacts, please come with them already inserted.
6. Refrain from alcohol consumption for 48 hours prior to the test.
7. Do Not take any of the following medications for 48 hours prior to the test:

Antianxiety medications, sedatives, sleeping medications, allergy medication or antihistamines such as promethazine, Ondansetron, Granisetron, Meclizine or other medication to treat dizziness, Prochloroperazone, Metoclopramide, Scopolamine, Dramamine, or other motion sickness medications.

8. Bring any of the above medications with you to take after the test.

If you have any questions, please call the office at (201)773-8962.

Thank you!