You have been scheduled for a Videonystagmogram (VNG). The VNG is a test designed to evaluate your balance systems by recording and analyzing eye motions using small infrared video cameras. This test will give your physician information about your balance mechanisms, not attainable with other procedures. The test requires about 90 minutes to complete and consists of several subtests. Although many people experience some dizziness during the test, the dizziness is of short duration. By the completion of the test, all signs of dizziness should have subsided. There is no pain or needle stick involved with this test. In order to achieve best results, please follow these instructions carefully:

- Wear flat or low-heeled shoes.
- Remove contact lenses before the exam.
- Remove all eye makeup and mascara before the procedure.
- No solid foods, except toast or bread, for two (2) hours before the test.
- Drink only non-caffeinated and non-dairy beverages (i.e. water, juice, soy or rice milk, etc) during the twelve (12) hour period prior to the test.
- No butter, milk, cheese, or other dairy products twelve (12) hours prior to the test.
- No caffeine (coffee, cola, tea, etc) twelve (12) hours prior to the test.
- No alcoholic beverages or liquid containing alcohol after midnight.

- PLEASE STOP THESE MEDICATIONS FOR A FULL 48 HOURS: MECLIZINE, ANTIVERT, VALIUM, DROMINE, BONINE, OR ANY MEDS YOU TAKE FOR DIZZINESS INCLUDING THE USE OF A SCOPOLAMINE PATCH. If you forget and take any of the above medications in the 48 hours prior to your appointment, we will be unable to perform your test and will need to reschedule your appointment in order to obtain reliable results.

- WE PREFER YOU STOP THE FOLLOWING KINDS OF MEDICATIONS FOR 48 HOURS PRIOR TO YOUR APPOINTMENT IF YOU ARE ABLE: Anti-depressants, sleeping pills, tranquilizers, anti-anxiety medications, anti-nausea meds, sedatives, prescription pain killers that contain narcotics, or cold and allergy medications that may make you sleepy such as Benadryl, Nyquil, etc. However, some medications should not be stopped abruptly. Please check with your pharmacist or the physicians who wrote the prescription regarding any questions or concerns regarding stopping these medications. If you were unable to stop any of the meds mentioned in this paragraph, please let the Balance Lab know when you present for your appointment. Medications can be resumed immediately following the VNG testing.

Your cooperation in following these instructions will be greatly appreciated. If you have any questions, please call (614) 293-5963.

Important Contact Information

The Ohio State University
- (614) 366-3931 or dania.ahmed@osumc.edu
  Dania Ahmed in Dr. Adunka's office non emergent questions, scheduling
- (614) 366-3687 Hospital Operator after hours, ask for ENT resident

Nationwide Children's Hospital
- (614) 722-2000 Operator after hours questions, ask for ENT resident
- (614) 722-6547 ENT Nurse line
- (614) 722-4333 Emergency Department after hours emergency, only if no response from resident