

## Chesapeake Ear Nose & Throat, P.A.

Dizziness/Balance Evaluations take place at 23 Crossroads Dr Suite 400, Owings Mills, MD 21117.

**Instructions for Testing:** Failure to comply may result in rescheduling your appointment!

- If you arrive late for your appointment, you will have to reschedule the test.
- Please do not ingest any **caffeine** (soda, tea, coffee, chocolate, diet pills, etc.) for **24 hours** prior to testing.
- Please do not take/use any of the following medications or substances for **48 hours** prior to testing. These substances can influence the body's response to this test and give false responses.
  - **Alcohol**
  - **Allergy medicine**
  - **Anti-Anxiety**
  - **Anti-Depressants**
  - **Anti-Histamines**
  - **Anti-Nausea medicine (Dramamine, Scopolamine patch, etc.)**
  - **Anti-Vertigo medicine (Meclizine/Antivert, Valium, etc.)**
  - **Cough syrup**
  - **Prescription pain pills (OTC are okay)**
  - **Recreational drugs**
  - **Sedatives**
  - **Sleep aids**
  - **Tranquilizers**
- Do not wear make-up, especially eye make-up.
- If you must eat or drink within 4 hours of your appointment, please eat lightly.
- Do not use any form of tobacco the day of your evaluation.
- If you have a seizure disorder, back problems, or neck problems, please notify the tester when you arrive.
- *Please continue to take heart, blood pressure, thyroid, diabetes, birth control, & anticonvulsant medications.*

**Why This Test Has Been Ordered:** Videonystagmography (VNG) is a test which examines the balance function of the inner ear and processing of this information as it is delivered to the brain. The results will help your provider determine the cause of your symptoms and the appropriate course of treatment. You will be asked to perform a series of tasks while wearing lightweight goggles equipped with video cameras.

**What Do I Need To Know About The Test:** Portions of the test may induce a sensation of dizziness/vertigo, but this effect is brief and temporary. The test is non-invasive and painless. Patients are usually able to drive home after the test without difficulty. If you are concerned about not being able to drive afterwards, please make arrangements for someone to transport you.

You will not receive the results immediately. Once your evaluation is complete, each part is carefully evaluated and analyzed. This process is as important as the test, so please understand that your test results will not be discussed with you at the conclusion of your appointment. You will be contacted by your provider to review your results.

Because this test is scheduled for 90 minutes, it is extremely disruptive when this appointment is rescheduled without sufficient notice. We reserve the right to charge a **\$25 cancellation/no show fee** for each missed appointment. We require no later than 24 hours notice to cancel/reschedule this appointment. If you have any questions prior to testing or need to cancel/reschedule, please contact our Owings Mills office at 410-356-2626 and press option 1.