

Buffalo Otolaryngology Group, P.C.

Main Phone: 883-6800

897 Delaware Avenue
Buffalo, NY 14209

1020 Youngs Road, Ste 110
Williamsville, NY 14221

VIDEONYSTAGMOGRAPHY (VNG) TEST INSTRUCTIONS

You have been scheduled for a test of your balance system called videonystagmography (sometimes abbreviated VNG). Your doctor is requesting this so he can learn more about your dizziness or balance problems. The following will provide you with important information related to the test.

WHEN WILL THE TEST BE GIVEN?

A special appointment has been made for you on _____ at _____. This appointment is at our office at 1020 Youngs Road (Suite 110) in Williamsville. Since this time is being held for you, it is important to keep and be on time for this appointment. If you find it necessary to cancel the test please call 883-6800 at least 48 hours prior to your appointment time.

The test will be given by an audiologist and will take approximately 1-1 ½ hours. Please bring someone with you at the time of the appointment, as you may not feel up to driving home.

ABOUT THE TEST

A VNG is obtained by measuring and recording eyes movements using video camera goggles. There are three parts to the VNG test battery. The first involves a series of eye exercises. The second is called positional testing in which body and head positions are changed. The third is a series of four water irrigations of the ear, two with warm water and two with cool water. It is during this portion of the test that some patients may experience dizziness. If you do, it usually lasts only a few minutes and then subsides. You should feel fine by the time you leave the office.

IMPORTANT INSTRUCTIONS

Do not take any medications for dizziness, nausea, loss of balance or nerves for 48 hours before your appointment. Alcohol in any form should not be consumed 48 hours before testing. If you are taking medications for heart, blood pressure, diabetes or epilepsy, continue these as usual.

Do not eat any food 3 hours before your scheduled appointment. Caffeine products and cigarettes should also be eliminated the day of the test. Do not wear any facial makeup around the eyes or forehead, **NO MASCARA PLEASE**, as these will interfere with accurate recordings during the test.

WHEN AND WHERE WILL I GET THE RESULTS?

Results obtained are usually numerous and require extensive calculations and interpretations. It is not possible to report the results to you at the time of the test. Your doctor will want to review these results. If you do not have a subsequent visit scheduled to discuss the ENG report, you may make one after the test.