

## **Buffalo Otolaryngology Group, P.C.**

**Main Phone: 883-6800**

**897 Delaware Avenue  
Buffalo, NY 14209**

**1020 Youngs Road, Ste 110  
Williamsville, NY 14221**

### **ELECTRONYSTAGMOGRAPHY (ENG) TEST INSTRUCTIONS**

You have been scheduled for a test of your balance system called electronystagmography (sometimes abbreviated ENG). This is being requested by your doctor 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?**

Your appointment is at our office at 1020 Youngs Road (near Maple Road) 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**

An ENG is obtained by measuring eyes muscle movements. The audiologist will place five electrode pads around your eyes to record these movements. There are three parts to the ENG 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.

If you feel it is necessary to eat prior to the test, limit it to a snack or light meal. Caffeine products and cigarettes should also be eliminated the day of the test. Do not wear any facial makeup around the eyes or forehead.

#### **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.