

## **INSTRUCTIONS FOR VNG**

**Do NOT take any of the following medications 48 hours before testing:**

- Sleeping medications
- Tranquilizers
- Alcoholic beverages
- Antihistamines
- Barbiturates
- Sedatives
- Muscle relaxants

If medications are life sustaining, such as seizure or diabetic medications, continue taking those medications.

If medications have been taken for greater than one year or prior to onset of symptoms, they may be continued.

**Discontinue any medications specifically prescribed for dizziness/vertigo for 48 hours prior to this test.**

**Do not eat or drink anything (including water) 4 hours before testing.**

Do not smoke the day of testing.

Do not wear any makeup or skin lotions. Please have clean, dry hair free of any hair products the day of testing.

Wear comfortable clothing (something loose and easy to move in).

**Please register as an outpatient 48 hours to your appointment by calling (505) 609-6008.**

The VNG usually takes about 3 hours. Please allow that much time following your scheduled appointment. You may need someone to drive you home.

If for any reason you need to change or cancel your appointment, please call the Audiology Department at (505) 609-6079 or (505) 609-6169 during office hours (8 AM to 5 PM Monday through Friday). Thank you!