



Yale Hearing and Balance Center

800 Howard Avenue, 4th Floor
New Haven, CT
203 785-2467
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VNG INSTRUCTIONS

You have been scheduled for a Videonystagmography (VNG) test. This test is usually recommended for people who experience occasional or constant difficulty with their balance. This test will evaluate the function of your inner ear. In order for the test to be valid, you **MUST** follow the instructions on the accompanying page. This is very important, as we will have to reschedule the appointment if you do not follow these instructions. The VNG is a painless test and does not involve any needles or medication. The following is a brief description of the test.

VNG:

A pair of lightweight goggles will be placed over your eyes. These goggles will be tracking your eye movements throughout the test. You will be asked to follow a light in response to test stimuli. You will then be placed in different body positions to determine if these positions cause dizziness. In the last part of the test, cool and warm air will flow into your ears, for approximately 60 seconds. This portion of the test may or may not make you dizzy. Any amount of dizziness that does occur should subside within 2 to 3 minutes. The entire VNG test will take approximately 1 hour.

Your appointment date and time have been provided to you. If for any reason you are unable to keep this appointment please contact us at **least 48 hours** prior to your appointment. There is a waiting list for this test and another patient would be happy to have this appointment time if you cannot make it. Please call us at (203) 785-2467 with any questions or concerns.

Instructions to be followed prior to test:

1. Certain medications will alter test results.

Please obtain your doctor's permission to discontinue any tranquilizers, anti-depressants, sleeping pills and medication for dizziness 72 hours before your appointment. You should continue to take all essential medications, including heart, blood pressure, seizure and diabetes medications.

2. Stimulants will alter test results.

Do not drink or eat any caffeinated beverages or foods (chocolate, coffee, tea, cold medicine with antihistamines) for 72 hours before your appointment.

3. You may eat a light meal three hours before your test.

4. If you wear glasses and/or contacts, please bring both with you to your appointment

5. Wear comfortable clothing. Due to room temperature, you may want to dress in layers.

6. DO NOT wear make-up to the appointment.