

Vestibular Testing Information Sheet

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Appointment Information:

Patient Name: _____ Appointment Date: _____
Appointment Time: _____ Appointment Location: _____

Important Information Regarding Testing:

Thank you for allowing us to perform your vestibular testing for you. First and foremost, do not be nervous about the testing. Everything we do is minimally invasive. The methods of testing we perform has been used for over 50+ years and is being conducted by a trained Vestibular Technician. Bottomline, you are in great hands. The vestibular test battery consists of a series of diagnostic tests to evaluate how well your eyes, inner ears, and brain work together to coordinate your balance. It will provide information about whether or not a vestibular deficit is the cause of your imbalance or dizziness. For a portion of the testing, you will be wearing lightweight video goggles to record your eye movement. The remaining tests include similar instructions and evaluations. Each is minimally invasive and important to paint a complete picture of the potential underlying causes of dizziness and imbalance.

Listed below is important information regarding preparation for your upcoming appointment:

- o Please do not wear eye makeup, including mascara, eyeliner, or fake eye lashes. These items will cause the diagnostic equipment to not work properly.
- o Please eat nothing at least 3 hours prior to testing.
- o Wear comfortable clothing (you will be sitting and/or lying on a table for the duration of the testing).
- o Thoroughly clean your ears 24 hours before appointment for testing.
- o Please arrive 15-20 minutes prior to your appointment to allow for timely check-in, paperwork preparation, etc.
- o If you are more than 15 minutes late for your scheduled appointment time, you will need to reschedule for another day.
- o Refrain from alcohol for 48 hours prior to testing.
- o Please refrain from taking any of the following medications at least 48 hours prior to testing:
 - ❖ Sleeping pills
 - ❖ Sedatives or muscle relaxants
 - ❖ Anti-depressants
 - ❖ Anti-dizzy and anti-nausea medications
 - ❖ Narcotics or Barbiturates
 - ❖ Benadryl
- o Please continue to take all blood pressure, thyroid, and heart medications as well as hormones and anti-seizure medications that you are prescribed.
- o Some patients may feel dizzy after completion of the test, so you may want to have someone drive you home from your appointment.
- o If the patient is a minor (under 18 years old) then a parent must be in the room with a patient while the test is performed. No additional children may be brought to the appointment.
- o Appointments typically lasts between 60-90 minutes so please plan accordingly.

Additional Information:

If you have additional questions about the testing being performed, or if you need to cancel or reschedule your appointment, please reach out to your doctors' office directly to do so. The results from your testing may take up to 2 weeks to be completed and will be available at your doctors' office. Please direct all questions related to your results and how to follow up, to your doctor office.

Thank you for allowing Topple Diagnostics to serve you!