



VESTIBULAR TESTING INFORMATION SHEET

❖ **About the testing:**

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 the VNG (videonystagmography) portion of the testing, you will be wearing lightweight video goggles throughout the entire test 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.

❖ **Patient Instructions:**

- Do not wear eye makeup, including mascara and eyeliner.
- Eat nothing in the 3 hours prior to testing.
- Wear comfortable clothing (you will be sitting and lying on a table).
- Thoroughly clean ears 24 hours before appointment for testing.
- Refrain from alcohol for 48 hours prior to testing.
- Do not take 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
- Continue to take all blood pressure, thyroid, and heart medications as well as hormones and anti-seizure medications that you are prescribed.
- Some patients feel dizzy after completion of the test, so you may want to have someone drive you home.

- ❖ **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. The appointment lasts about 60-90 minutes so please plan accordingly.**

Thank you for your time and we look forward to your appointment!

The Topple Diagnostics Team