



974 Bethel Rd., Suite B

2526 London Groveport Rd.

Your Appointment is scheduled on: _____

*****PLEASE READ CAREFULLY 48 HOURS BEFORE TESTING*****

An ENG (electronystagmography) or VNG (videonystagmography) test has been scheduled for you in an effort to assist your physician in determining the cause of your dizziness or imbalance. The ENG/VNG consists of a battery of tests that contribute information on the condition of your vestibular system.

The exam takes approximately one hour. You may experience brief episodes of dizziness during some portions of the test. As such, it is advised you arrange transportation should you be too dizzy to drive following testing.

Substances that affect the Central Nervous System (CNS) can influence your response to this test. You must refrain from **certain medications** and **ALL ALCOHOL** (beer, wine, and mixed drinks) for 48 hours before testing. Below is a partial list of the medications, on the second page is a more comprehensive list. If you have any questions about medications, please call our office for clarification.

Anti-dizziness (Antivert, Meclizine,
Scopolamine, Phenergan)
Antihistamines
Cold or Allergy medications
Sleeping pills
Depressants or antidepressants
Tranquilizers (Valium, Ativan, Xanax, etc.)

Prescription and nonprescription pain
medications
Diuretics (specifically prescribed for
dizziness or imbalance)
Narcotics
Herbal remedies (Ginkgo, Valerian, etc.)

*****Any medication you have taken consistently for 6 months, or off & on for 12 months, may be continued***
DO NOT STOP TAKING LIFE SUSTAINING MEDICATIONS.**

Please contact your prescribing physician should you have any reservations about discontinuing any medication.

Please refrain from eating for 4 hours before testing. If you are diabetic do not alter your current diet or diabetes medication regimen.

Please wear comfortable clothing. **Patients are prohibited from wearing any face creams/lotions or make-up** (foundation/cover-up, eyeliner, eye shadow, mascara and false eye lashes). Contact lenses are permissible. You may be asked to remove any earrings.

If the patient is under the age of 18, he or she must be accompanied by a parent or legal guardian. Children are not permitted in the exam room during testing. Children are not permitted to remain in the waiting area unless attended by a parent or legal guardian.

Please arrive early to your appointment to complete any necessary paperwork. Bring a detailed list of current medications (dosage, amount, frequency). We request you take care of any restroom needs before testing begins.

Failure to comply with these instructions will compromise test results and may result in your test being rescheduled for another day. Please notify the office within 24 hours if you cannot keep this appointment.

MEDICATIONS TO BE STOPPED 48 HOURS BEFORE ENG/VNG

This list is NOT all inclusive. If you have any questions regarding your medications, please call our office for verification at least 2 full days before testing.

Over-the-counter medications:

All allergy medications
All sleep aids
All cold medications

Cough syrups
Anti-itch creams containing antihistamines

Allergy Medications:

Allegra
AlleRx
Antihistamine sprays
Astelin nasal spray
Astepro nasal spray
Benadryl
Claritin
Clarinex
Nolamine
Pataday eye drops
Patanese nasal spray
Zyrtec

Pain Medications:

Darvocet
Demerol
Dilaudid
Lortab
Morphine
Oxycotin
Oxycodone
Paxicodone
Percocet
Phrenilin
Topamax
Vicodin
Wygesic
Zydone

Dizziness/Nausea/

Antidiarrheal Medications:

Antivert
Atarax
Compazine
Dramamine
Meclizine
Phenergan
Scopolamine patch
Zofran

Herbal Remedies:

Ginkgo
Valerian

Psychotherapeutic Agents, Antidepressants, Seizure Medications:

**Consult your doctor before stopping any of the following medications:*

Buspar
Celexa
Clorazil
Concerta
Depakote
Dilantin
Elavil
Haldol
Klonopin
Librium
Lithium
Mebaral

Miltown
Mirapex
Neurontin
Paxil
Phenobarbital
Prozac
Requip
Ritalin
Sedatives
Sinequan
Sleeping Medications
Stelazine

Strattera
Tegretol
Trazadone
Triavil
Valium
Vivactil
Wellbutrin
Xanax
Zoloft
Zyprexa

Permitted medications

**The following medications will not affect testing and do not need to be discontinued:*

Medications that treat/manage:

Heart Problems
Blood Pressure
Cholesterol
Thyroid conditions
Diabetes
Reflux

Antibiotics

Hormone treatment

Birth control

Imitrex,

Asthma inhalers,

Regular/plain Tylenol & Advil

Kaopectate

Imodium

Pepto Bismol

Antidepressants & Antipsychotics

BuSpar, Celexa, Clorazil, Cymbalta, Elavil, Exalon patch, Haldol, Klonopin, Librium, Lithium, Namenda, Paxil, Prozac, Serequel, Sinequan, Stelazine, Trivil, Vivactil, Wellbutrin, Xanax, Zoloft, Zyprexa

***Any antidepressants, antipsychotic medication that you have taken consistently for 6 months or as needed for 12 months (but regular use) may be continued. ***

STOP All

<u>Sedatives</u>	<u>Restless Leg</u>	<u>ADHD</u>
Milltown/Meprobamate	Requip	Concerta
Sleeping pills/sleep aids	Mirapex	Ritalin
Trazodone		Strattera
Valium		Vyvanse

***Discontinue use of all forms of marijuana, cannabis, CBD (prescription or non-prescription) 48 hours before testing. Discontinue use of all street drugs 48 hours before testing. ***

Seizure Medications-speak with your doctor before discontinuing.

Dilantin, Mebaral, Tegretol, Vimpat, phenobarbital

These medications are okay to continue: heart meds, cholesterol meds, glaucoma meds, blood pressure meds, thyroid meds, diabetes meds, reflux meds, hormone treatment, birth control pills, Imitrex, asthma inhalers, regular strength acetaminophen, ibuprofen, naproxen, antibiotics, Kaopectate, Imodium, Pepto Bismal and chemo meds.