



EAR, NOSE, THROAT &
VOICE CENTER

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VNG (Videonystagmography) Instructions

You have been scheduled for a Videonystagmography (VNG). This is a test of inner ear function that aids in the diagnosis as to the cause of dizziness and other ear symptoms. The test takes approximately two hours. This test is very delicate and influenced by many things. Below is a list of **things not to do** prior to coming in.

1. **Do not take medication** for **72 hours** prior to the test, such as:

Sleeping Pills	Tranquillizers	Antihistamines
Barbiturates	Anti-Dizzy Pills	Sedatives
Muscle Relaxants	Anti-Depressants	Anti-Nausea Medications

No medication that is life sustaining should be discontinued (eg: heart, diabetes, blood pressure medications). If you have any questions concerning medication, please call our office.

2. **No Food** 4 hours prior to the test.

3. **No coffee or cigarettes** for 2 hours prior to the test.

4. Little or no **make-up** is advisable.

5. **No contact lenses.**

6. **Absolutely no alcohol** for 24 hours prior to the test.

7. **No strenuous activity** for 12 hours prior to the test.

8. Wear **loose fitting/comfortable clothes.** Women may want to wear slacks.

Videonystagmography (VNG) is a test of your balance system. An extensive evaluation is required at times to determine the cause of dizziness or unsteadiness. The tests necessary to diagnose your problem have been determined by our doctor at the time of examination, and may include detailed hearing and balance tests. The object of this evaluation is to be certain that there is no serious disease, and to try to pinpoint the exact site of the problem. This lays the ground work for effective medical or surgical treatment by your doctor.

The VNG test is the recording of nystagmus or eye jerks by a camera. There are neural connections that stretch from the balance mechanism in the inner ear to the muscles of the eye. A disorder of the balance mechanism results in small eye jerks that can only be detected by a sophisticated computer. A camera attached to a pair of goggles records these eye jerks during a series of tasks. The balance mechanism is monitored during tasks that consist of looking back and forth between designated points, following moving lights, lying in different positions, shaking your head, and lying down and sitting up quickly. The final portion of the test requires putting cool and warm air in the ear canal for roughly 60 seconds in order to determine if the balance mechanism of each ear can increase and decrease normally in response to stimulation. Some individuals become dizzy for 2-5 minutes, but most are able to drive home after the test without difficulty. If you are concerned about not being able to drive afterwards, please make arrangements for someone to transport you.

If you have any questions concerning this procedure, please call our office at (850) 476-0700