

## During the Appointment

Video or Electronystagmography (VNG/ENG) is an assessment used to help determine whether your balance system is functioning within the range of normal.

A comprehensive battery of tests will be performed during your appointment. Prior to each test, an explanation will be given so you will have a better understanding of what is being tested and why. We make every attempt to make your visit comfortable as well as educational.

Portions of this test might cause a brief sensation of motion, but this tends to be mild and lasts from a few seconds to a couple of minutes.

If possible, we encourage you to have someone accompany you to and from the appointment. However, if this is not possible, try to plan your day to include an extra 15 to 30 minutes to rest after your test and before leaving the hospital.

## Your VNG/ENG appointment is scheduled on:

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Location:

- Surrey Memorial Hospital**  
Rehabilitation Services  
13750 - 96<sup>th</sup> Ave  
Surrey BC
- Abbotsford Regional Hospital**  
Rehabilitation Services  
32900 Marshall Rd  
Abbotsford BC

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### Please Note:

- We require a ***minimum of 48 hours*** notice to cancel or reschedule your appointment.
- *If you are more than 15 minutes late for your appointment, it may not be possible to complete the test. You would need to return another day to do so.*



**VNG / ENG**  
(Video/Electronystagmography)

## **Pre-Test Instructions** And **Assessment Information**

Acute Audiology Services  
Fraser Health Authority

Phone: 604-585-5674  
Fax: 604-585-5568

## Pre-Test Instructions

Certain medications can influence the body's response to the test, thus giving a false or misleading result. Therefore, for **at least 48 hours prior to the test**, please do not take the following:

- **Alcohol** in any form, including cough medications containing alcohol
- **Caffeine** – coffee, tea, pop, chocolate
- **Herbal remedies** – e.g., Gingko Biloba, Valerian
- **Antihistamines** – found in many cold and allergy medications. e.g., Chlorotriplon, Claritin, Benedryl, Triaminic
- **Anti-nausea medication** – e.g. Gravol, Dramamine, Pengeran, Compazine, Bonine, Transdermal
- **Anti-vertigo medications** – E.g., Antivert, Serc (novo-betahistine), Benedryl, Meclizine
- **Stimulants** – E.g., amphetamines, appetite suppressants, "stay awake" medications such as *No Doz*
- **Anti-seizure medications** (when not taken for Epilepsy) – E.g., Dilantin, Tegretol
- **Diuretics / "water pill"** – E.g., Dyazinde, Lasix, Neptazane

## Pre-Test Instructions (Continued)

- **Pain medications** – including migraine meds, analgesics, muscle relaxants, narcotics, and barbiturates (e.g., Codeine, Demerol, Phenaphen, Phenobarbital, Tylenol, Ibuprofen, Aspirin products, Amitriptyline, Propranolol)
- **Sedatives** – including **anti-anxiety medications, sleeping pills, and tranquilizers** (e.g., Tylenol PM, Seconal, Restoril, Serax, Librium, Halcion, Ativan, Lorazepam, Zoloft, Prozac, Xanax, Diazepam)
- **Tricyclic anti-depressants** -- E.g., Elavil, Amitriptyline, Amoxapine, Wellbutrin
- **Recreational drugs of any kind**
- **Methadone**
- **Quinine**

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*If you have concerns whether or not to take a particular medication, please consult with your referring physician to determine if you can safely stop the medication for the 48 hours or if you can use an alternative medication that is not restricted.*

***You should always consult with your physician before discontinuing any prescribed medication.***

The following medications **should** be taken as usual:

Antibiotics  
Blood pressure pills (aside from diuretics)  
Heart medications  
Thyroid pills  
Diabetes pills and insulin  
Epilepsy control  
Antipsychotics  
Hormone replacement  
Birth control

For at least **2 hours** prior to the test, please also:

**Do not eat anything**  
**Do not drink anything**  
**Do not smoke**

- Bring a list of all your medications
- Please inform us if you have any neck/back pain.
- Do not wear make-up or mascara.
- Dress comfortably.
- Bring your questionnaire with you.