



AN AFFILIATE OF  
EAR, NOSE & THROAT SURGEONS OF  
WESTERN NEW ENGLAND, LLC

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## VIDEONYSTAGMOGRAPHY (VNG) and ELECTRONYSTAGMOGRAPHY (ENG)

VNG AND ENG are methods of measuring eye movements to infer what happens in the balance portion of the inner ear.

IT IS IMPORTANT TO FOLLOW THESE INSTRUCTIONS FOR YOUR APPOINTMENT!

1. *Do not eat 4 hours before your appointment time.*
2. *Do not take any of the following medications for a minimum of 2 days before the test.*
  1. Anti-dizziness medication (Meclizine, Antivert, Klonopin, Dramamine, Bonine, etc.)
  2. Tranquilizers or anti-anxiety medication (Valium, Ativan, Xanax, Lorazepam, Klonopin, etc.)
  3. Prescription or non-prescription sleeping pills (Trazadone, Ambien, Tylenol PM, Excedrine PM, etc.)
  4. Prescription pain medicine (Codeine, Vicodin, Percocet, Oxycontin, etc.)
  5. Prescription or over the counter cold/flu and allergy medicine (Benadryl, Tylenol allergy, Zyrtec, etc.)
  6. Antidepressants (Prozac, Paxil, Zolft, Wellbutrin, etc.)
  7. Psychiatric medications (Haldol, Risperdal, Lithium, etc.) **ONLY WITH PERMISSION FROM PRESCRIBING PHYSICIAN!**
3. *Do not wear any make-up to the test especially eyeliner, mascara and foundation.*
4. If you own contact lenses, please wear them for the test and bring rewetting drops with you. If you only have glasses please wear them, however you may be asked to remove them for the test.
5. *Do not consume any alcoholic beverages 48 hours before your test.*
6. *Do not consume any caffeine for 24 hours before the test (coffee, tea, cola, chocolate).*  
Do not take any pills/medications that contain caffeine. Decaffeinated beverage are acceptable.

The test will last for approximately 1 ½ hours. **If you are unable to keep your appointment,** please call us to reschedule as early as possible. If you have any questions, please call and speak with an audiologist.

Your appointment is scheduled for:

DATE: \_\_\_\_\_

TIME: \_\_\_\_\_

Directions to the Medical Office Building (MOB): Take Chestnut Street to Chapin Terrace (St. Pierre's Funeral Home is on the right). Continue to travel up Chapin Terrace for about a quarter of a mile. Take a left onto Medical Center Drive. Drive into the parking garage (first building on the left) and park there. We are located on the first floor of the Medical Office Building - Room 110.