

# Creel Hearing Center

Formerly The Hearing Center of Metairie/ Browne-McHardy

UNDERSTANDING IS OUR FOCUS

*Audiologists*

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## VNG (Videonystagmography) Instructions

Vertigo, dizziness, loss of balance, hearing loss, or tinnitus can be symptoms of a variety of health disorders. It is important to identify the cause of these symptoms. This identification process is best obtained through a series of tests called an inner ear evaluation.

You have been scheduled for an Audiological Evaluation. This evaluation consists of a comprehensive set of tests that determine your ability to hear sound and understand speech. No special preparation is necessary prior to this test.

You have been scheduled for a Videonystagmography (VNG). This is a test of inner ear function that aids in the diagnosis of the cause of dizziness and other ear symptoms. The purpose of this evaluation is to determine if your inner ear is the site of the problem. This lays the ground work for effective medical treatment by your doctor. 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 your appointment.

1. **Do not take medication** for **48 hours** prior to this test, such as:  
Sleeping Pills                      Tranquilizers                      Antihistamines  
Barbiturates                        Anti-Dizzy Pills                    Sedatives  
Muscle Relaxants                  Anti-Depressants                 Anti-Nausea Medications

*You should continue to take life sustaining medications (eg, heart, diabetes, blood pressure).*

2. **Avoid eating a heavy meal** 4 hours prior to the test.
3. **No coffee, alcohol, or cigarettes** for 24 hours prior to the test.
4. Little or **no make-up** is advisable, especially eye make-up.
5. **No contact lenses.**
6. **No strenuous activity** for 12 hours prior to the test.
7. **Wear comfortable clothing.** Women may want to wear slacks.

The VNG includes the recording of eye jerks by a camera. The inner ear, eyes, and sense of touch all work together for you to maintain proper balance. If a disorder is present, you may experience dizziness, loss of balance, or vertigo. Some of the eye jerks are very small and a sophisticated computer and goggles are used to record these eye jerks. The balance system is tested using different tasks, such as following moving lights with your eyes, lying in different positions, and lying down quickly. The final portion of the test requires putting cool and warm air in the ear canal to test the ears separately. Some individuals become dizzy during testing, however this dizziness usually lasts minutes only. Most people are able to drive after the test, but *if you are concerned about not being able to drive afterwards, please have someone accompany you to this evaluation.*

**If you have any questions concerning this procedure, please call our office at (504) 889-5339.**

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