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Preparing for Vestibular Testing

Videonystagmogram (VNG) and rotational chair testing is used to evaluate patients with dizziness, vertigo and balance dysfunction. These tests may take up to 1.5 hours to complete.

1. **DO NOT** wear eye makeup.
2. **DO NOT** drink alcohol or take sedatives for **48 hours before** testing.
 - Dizziness medication (Meclizine, Antivert, Bonine, ear patches, etc.)
 - Sleeping pills or tranquilizers (Valium, Xanax, etc.)
 - Decongestants and antihistamines (Benadryl, Sudafed, etc.)
 - Narcotics, barbiturates, and pain pills (Codeine, Demerol, Percodan, Phenobarbital, etc.)
 - Nerve and muscle relaxants (Valium, Robaxin, etc.)
3. **DO** continue to take:
 - Insulin
 - Cardiac, thyroid and blood pressure medications
 - Birth control
 - Anti-seizure or psychiatric medications, including anti-depressants
 - Over the counter pain medications (Advil, Tylenol), as needed
4. **DO NOT** eat or drink caffeine for at least 2 hours before you are scheduled for testing.
5. **Arrange for transportation.** It is advised that someone accompany you to your appointment should you feel dizzy or unwell afterwards. Some dizziness is normal with VNG and rotational chair testing, which is typically short in duration. In some patients, this may be accompanied by brief nausea.