

Adult & Pediatric Otolaryngology
Head & Neck Surgery
Facial Plastic Surgery
Endoscopic Sinus Surgery
Neurotology
Skull Base Surgery
Reconstructive Surgery
LASER Surgery
Nasal Allergy
Clinical Audiology
Hearing Aid Dispensing
Voice Care



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VNG/ENG INSTRUCTIONS

**You have been scheduled for Videonystagmography (VNG) testing
on _____, at _____ AM/PM.**

The VNG/ENG test is designed to give your physician information regarding the source of your dizziness/vertigo/imbalance. The test requires **one hour** of your time for completion. Throughout the test you will be wearing infrared goggles that will record your eye movements. The test is comprised of three main parts: (1) Tracking (following a light with your eyes); (2) Sitting and laying in different head and body positions; and (3) Introducing warm and cool air to each ear. Portions of the test may induce a sensation of vertigo, but this effect is brief and temporary. There is no pain and no needle sticks with this test. You will not have the VNG/ENG results immediately. A follow-up appointment will be made for you after your test for you to discuss the results with your physician. **We recommend that you have someone drive you to and from your appointment in case you experience dizziness from this test.**

The cost of this test is \$500. Most insurance companies pay for the test based upon your plan benefits. We will file your insurance for the cost of the test, however, you will be responsible for any remaining balance. If you have questions regarding the coverage of your specific plan, please use the following codes when you contact your insurance company: 92541, 92542, 92543, 92544, 92545.

If you arrive over 15 minutes late for your scheduled appointment time, you may have to re-schedule this test.

Pre-Test Instructions

****Please read these instructions again 48 hours prior to your scheduled appointment.****

Following these instructions is imperative to an accurate and reliable test result. Failure to comply with these instructions may result in re-scheduling your appointment.

- 1. Discontinue all medications 48 hours prior to the day of your test EXCEPT those taken for your heart, blood pressure, diabetes, or seizures. (See next page for examples of medications.)**
- 2. NO alcoholic beverages or any liquid containing alcohol for two days prior to testing.**
- 3. NO caffeine, including caffeinated beverages and medications (for example, diet pills), one day prior to testing.**
- 4. Please do not use any form of tobacco on the day of your test.**
- 5. Do not eat for four hours prior to the test. If you must eat for health reasons, please eat lightly.**
- 6. Your face should be thoroughly washed and clean of make-up of any kind (including foundations, all eye makeup, powder, etc).**
- 7. Dress comfortably.**

INSTRUCTIONS CONTINUED ON NEXT PAGE

10/30/08

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Winter Park, FL 32792-3297
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FAX: 407-644-3697

107 The Hermits Trail
Altamonte Springs, FL 32701-3619
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FAX: 407-834-3432

44 W. Michigan Street
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VNG/ENG INSTRUCTIONS

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These are examples of medications you should not take 48 hours prior to testing:

All Pain medications, including:

- Acetaminophen (Tylenol, Tylenol PM, etc.)
- Aspirin (including anything that contains aspirin)
- Codeine (including anything that contains codeine)
- Ibuprofen (Excedrin, Midol, Motrin, etc.)
- Naproxyn (Aleve)
- Darvocet
- Anything prescribed for migraines

All Anti-Anxiety medications, (if allowed by prescribing physician) including:

- Valium/Diazepam
- Ativan/Lorazepam
- Pamelor/Nortriptyline
- Compazine
- Xanax
- Prozac
- Zoloft

All Anti-Dizzy medications, including:

- Antivert/Meclizine
- Valium
- Phenergan
- Dramamine
- Scopolamine (Transderm Patch)

All Diuretics/Water Pills, including:

- Dyazide
- Neptazane
- Maxide
- Lasix

All Sleep Medications, including:

- Ambien
- Tylenol PM
- Halcion

All Allergy Medications, including:

- Antihistamines
- Decongestants

If you have any questions about discontinuing any of your medications, please contact your prescribing physician or contact our Winter Park Office at 407-644-4883 or our Altamonte Springs Office at 407-834-9120 and speak to one of our audiologists.