

INSTRUCTIONS FOR VNG (BALANCE) TESTING

Your balance test is scheduled for

and will require 1.5 hours in the office.

- You will need to wear comfortable clothing, and women should **avoid wearing make-up** or earrings.
- **Do not eat or smoke** for **4 hours** before the test.
- **Do not drink coffee, tea, cola** or any other beverage containing **caffeine** within **12 hours** of the test.

The following medications must **NOT BE TAKEN** for at least **2 DAYS (48 HOURS)** before the test:

ALCOHOL (IN ANY QUANTITY):	Including beer, wine, and cough medicines containing alcohol.
ANTI-DEPRESSANTS (if possible):	Amitriptyline, Elavil, Endep, Amoxapine, Asendin, Clomipramine, Anafranil, Desipramine, Norpramin, Pertofrane
ANTI-NAUSEA MEDICINE:	Dramamine, Compazine, Bonine, Marezine, Phenergan, Thorazine, etc.
ANTI-VERTIGO MEDICINE:	Antivert, Meclizine, Scopolamine, Flunarizine
ANTIHISTAMINES / DECONGESTANTS:	Chlortrimeton, Dimetane, Disophrol, Benadryl, Actifed, Teldrin, Triaminic, any over-the-counter cold remedies, etc.
NARCOTICS & BARBITUATES:	Phenobarbital, Codeine, Demerol, Vicodin
QUININE	
SEDATIVES:	Nembutal, Seconal, Dalmane, Doriden, Placidyl, Qualude, Butisol, chloral hydrate or any other sleeping pills.
STIMULANTS:	Amphetamines
TRANQUILIZERS:	Benzodiazepines, Ativan, Xanax, Valium, Librium, Atarax, etc.

*****CONTINUE TO TAKE HEART, HIGH BLOOD PRESSURE, DIABETES, AND SEIZURE MEDICATIONS*****

If you have any questions prior to testing, please call our office at 281-332-4575.

In our office, we ask that the patient pay at the time of service any deductible or co-payment the insurance company has verified they will not pay.