



BRIGHAM AND
WOMEN'S HOSPITAL



HARVARD
MEDICAL SCHOOL

Division of Otolaryngology
Nesson Ambulatory Care Building
45 Francis Street
Boston, MA 02115

**VIDEONYSTAGMOGRAPHY/ELECTRONYSTAGMOGRAPHY
(VNG/ENG)**

Name: _____ has an appointment on _____ at _____ am/pm

IMPORTANT:

In order to perform this procedure, please follow the Patient Pre-Test Instructions outlined below:
YOU MUST GIVE AT LEAST 48 HOURS NOTICE FOR CANCELLATIONS.
CONTACT OUR OFFICE AT IF YOU NEED TO CANCEL/RESCHEDULE AT (617) 525-6509.

DESCRIPTION OF TEST:

Videonystagmography (VNG) is a test designed to provide an objective measure of the vestibular (balance) system. It can also be referred to as Electronystagmography (ENG). During the test, your eye movements will be recorded and the different patterns of movement will be evaluated. These movements are measured using video goggles for VNG and electrodes for ENG. The test takes approximately ninety minutes to complete and is performed in a darkened room. During the test you will be asked to watch a series of lights on a wall-mounted light bar, place your head in several different positions, and have warm and cool air irrigated into your ear canals.

PATIENT PRE-TEST INSTRUCTIONS:

1. Do not take any medications that prevent or reduce dizziness for 48 hours prior to the test. Consult your physician before stopping any medication
 - a. Continue to take anti-seizure medications
2. Do not wear make-up the day of the test (especially eye make up)
3. Do not drink alcoholic beverages for one day prior to the test
4. Do not drink coffee, tea or any beverage containing caffeine for one day prior to the test
5. Do not eat four hours prior to the test. If you must eat for health reasons, please have a very light meal
6. Do not smoke the day of the test
7. Wear comfortable clothing that you can move around easily in.

PATIENT POST-TEST INSTRUCTIONS:

1. We recommend that you have someone drive you to and from the appointment in case you experience any dizziness from this test.

Should you have any questions please feel free to call our office at (617) 525-6509