

**Balance and Dizziness Clinic
Harmony Medical Center
Patient Instructions**

You were referred to our clinic because you reported symptoms of dizziness, lightheadedness or unsteadiness to your physician. Dizziness is one of the most common complaints that patients like you report to their physicians and according to The National Institutes of Health 90 million Americans will experience dizziness at some point in their lives. There are several reasons which can be causing your dizziness such as a problem with the balance system in the inner ear. There are other reasons that are not related to the inner ear such as circulatory problems, low blood sugar and thyroid disorders to name just a few. The purpose of today's balance function assessment is to determine what is causing you this sensation of dizziness.

*****PLEASE CHECK-IN AT ADVANCED AUDIOLOGY 117 HARMONY CROSSING SUITE 8 EATONTON GA 31024**

Preparing for your Balance Testing

- Videonystagmography (VNG) is a battery of tests used to evaluate patients with balance problems. The inner ear and the eye movements are connected and in this test eye movements are recorded with state of the art technology designed to give us detailed information about the balance system. We want to determine if one inner ear of balance is stronger than the other.
- Rotary Chair testing is a very specialized test that tells us whether your brain has compensated for a loss of inner ear function on one side.

Instructions for your Balance Testing

- NO Makeup, particularly eye makeup
- Remove Contact Lenses
- EAT VERY LIGHT THE DAY OF TESTING—No fried foods and limit dairy
- No coffee, tea or soda after midnight the day of the test
- No alcohol or medications containing alcohol 48 hours prior to the test
- Your test will take about 90 minutes to complete. Most patients feel just fine after testing however you may want to bring someone with you to the appointment to drive you home, should you feel unwell.

YOU MUST DISCONTINUE THE USE OF THE FOLLOWING MEDICATIONS FOR 48 HOURS PRIOR TO YOUR TEST

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| ❖ Allergy Pills | ❖ Nerve/Muscle Relaxants
(Robaxin, Valium) |
| ❖ Tranquilizers (Valium,
Librium, Xanax, etc.) | ❖ Dizziness Pills (Antivert,
Meclizine, Bonine, ear
patches, etc.) |
| ❖ Sedatives (all sleeping
pills) | ❖ Aspirin or aspirin
substitutes (Tylenol, etc) |
| ❖ Decongestants/Antihista
mines (Benedryl,
Sudafed, Dimetapp,
Chlortrimetron, Seldane) | ❖ Narcotics/Barbiturates
(Codeine, Demerol,
Percodal, Phenobarbital,
antidepressants) |
| ❖ Pain Pills | |
| ❖ Diet Pills | |