

## **BALANCE TEST INSTRUCTIONS (VNG/ENG)**

***PLEASE READ THROUGH THIS ENTIRE PACKET AS SOON AS POSSIBLE***

You are scheduled to have a balance (vestibular) evaluation on \_\_\_\_\_  
at \_\_\_\_\_. Please arrive 10 minutes early. The test will take approximately 2 (two) hours.

## **PREPARATION AND MEDICATION RESTRICTIONS**

**48 HOURS BEFORE TEST** – Discontinue use of the following medications, which can interfere with testing.

1. **Medications that make you drowsy**, such as sleeping aids, sedatives and antihistamines
2. **Dizziness medications**, such as Antivert, Dramamine, Meclizine and Bonine
3. **Alcohol**
4. **\*IF POSSIBLE** –prescription pain medications (Tylenol, Aspirin and Ibuprofen are ok)
5. **\*Anxiety medications**
6. **\*Depression medications**

**\*PLEASE DO NOT STOP TAKING ESSENTIAL MEDICATIONS  
WITHOUT CHECKING WITH YOUR DOCTOR**

**(such as medications for anxiety, depression, diabetes, heart, lung, seizures, or blood pressure)**

**4 HOURS BEFORE TEST** – Abstain from:

1. **All food and drink.** If you are diabetic, or have a similar disorder, eat a light meal.
2. **Excessive caffeine**

**BEFORE** arriving at Rocky Mountain Hearing and Balance:

1. **Remove eye makeup (especially mascara and eyeliner)**
2. **Fill out attached paperwork, including a current list of medications.**
3. **Wear flat-heeled shoes**
4. **Bring your insurance card and photo identification along with your copay**

Because you will be scheduled for two hours with a Doctor, it is important that you contact our office at least 24 hours in advance if you are unable to make your appointment to avoid a **\$50 cancellation fee.** (801)-268-3277