



ELECTRONEUROSTAMOGRAPHY (ENG)/Videonystagmography (VNG)

What is an ENG/VNG?

A test performed to evaluate the balance system for those who are experiencing dizziness, vertigo, or balance problems. There is no pain involved with this test but you may experience some dizziness or nausea.

What should I know before testing?

- Testing takes anywhere from 1 to 2 hours.
- As you may experience some brief dizziness associated with the test, you are advised NOT to drive yourself to and from this appointment. If you must drive yourself, it is advisable to have someone you can call to come get you if needed.
- Please do not wear make-up (including eye makeup) as it will be removed when applying electrodes (ENG) or goggles (VNG) for the test.
- Wear comfortable clothing and come well rested (it is important that you are alert) for testing.

4 HOURS PRIOR TO TESTING:

- Do not eat. If the test is scheduled for 1:30 you may have a LIGHT breakfast first thing in the morning but nothing after. **IMPORTANT:** If you are a diabetic, you should eat as needed to maintain proper blood sugar levels.
- Do not drink any caffeine (i.e. coffee, tea, colas, etc.).
- Do not smoke or use any tobacco products for at least 4 hours before your test.

48 HOURS PRIOR TO TESTING:

- Certain medications can affect the results of the ENG test. **It is VERY important that you DO NOT take any of the following medications for 48 HOURS prior to the time of your appointment:**
 1. Anti-dizziness medications--- Examples: Antivert or Bonine (Meclizine), Scopolamine patch
 2. Sleep Aids--- Examples: Ambien (Zolpidem), Lunesta (Eszopiclone)
 3. Anti-anxiety medications--- Examples: Valium (Diazepam), Klonopin (Clonazepam), Ativan (Lorazepam), Restoril (Temazepam), Xanax (Alprazolam), BuSpar (Buspirone)
 4. Barbiturates--- Examples: Luminal (Phenobarbital)
- It is also recommended that you refrain, if possible, from taking the following medications for 48 hours prior to testing especially if it is an as needed medications that you do not take on a daily basis (as it may cause sedation).
 1. Antihistamines--- Examples: Zyrtec (Cetirizine), Benadryl (Diphenhydramine)
 2. Muscle Relaxers--- Examples: Flexeril (Cyclobenzaprine), Soma (Carisoprodol)
 3. Anti-nausea medications--- Examples: Phenergan (Promethazine)
 4. Any prescription or nonprescription cold or sinus medication--- Examples: Sudafed (Pseudoephedrine)
 5. Prescription pain medications (drugs that consist of Hydrocodone, Oxycodone, Codeine)
- **DO NOT** consume alcoholic beverages

All essential prescriptions should be continued prior to testing. If you are unsure about a medication, please contact our office at 828-322-2183.

Failure to comply will result in the cancellation and rescheduling of this evaluation. If you have any further questions or concerns please feel free to call our office at (828) 322-2183.