

## INSTRUCTIONS FOR BALANCE TESTING

You are scheduled for ENG testing on \_\_\_\_\_ at \_\_\_\_\_.

### **Electronystagmography (ENG)**

An ENG is a measurement and graphic recording of your eye movements during different conditions. Electrodes will be attached to your forehead and around your eyes in order to record the eye movements. The test takes approximately 1-½ hours and consists of three parts. The first part requires you to follow a series of lights with your eyes. The second part includes changes in your body position. In the third part warm or cool water will be placed in your ear canals to stimulate the inner ear.

### ***Please follow these instructions***

(The test will need to be cancelled if you don't follow the instructions accurately.)

1. Do not take any medications for the control of dizziness (Antivert, Meclizine, Dramamine, Scopolamine, etc), antihistamines (Benadryl, Claritin, Zyrtec, Allegra, Actifed, Hismanal, etc) or sedatives (Valium, Xanax, Ativan, sleeping pills, etc) for 24 hours prior to the test. These medications can suppress the function of the balance system and produce inaccurate test results.
2. Do not consume alcoholic beverages 24 hours prior to the test as these can suppress the function of the balance system. No caffeinated beverages for 4 hours prior to testing. This includes coffee, soda, tea, beer, wine and other alcoholic beverages.
3. Do not smoke or use any other products containing nicotine for 4 hours prior to testing. Nicotine may affect the smoothness of your eye movements and therefore the results of the test.
4. Do not eat for 4 hours prior to the test. If the test is in the late morning, a light breakfast (plain toast, juice, water) is okay.
5. Wear comfortable clothes, as you will be asked to change body positions during the test. Women should wear slacks or pants.
6. Do not wear heavy facial creams or foundation. Eye makeup is fine. We will be cleaning the skin and applying special electrodes during the test.
7. **Please bring someone with you to drive you home.** It is possible to feel dizzy after the test. If you cannot bring someone with you, we will ask you to wait for an hour after the test before leaving.
8. **If for any reason you need to cancel or reschedule this evaluation we ask that you notify us at least 48 hours in advance.** This time is reserved for you. Due to the length and complexity of the exam **you must arrive on time** or the appointment may need to be rescheduled to allow sufficient time to complete all of the testing.

If you are unsure of any of the instructions or if you have questions, please contact our office at (972) 378-0633 or (214) 265-0800.