

Patient Name: _____

Appointment Date: _____ Appointment Time: _____ am / pm

Vestibular Evoked Myogenic Potential (VEMP)

Vestibular Evoked Myogenic Potential (VEMP) is a neurophysiological assessment technique used to determine the function of the otolithic organs, utricle and saccule, of the inner ear. It compliments the information provided by caloric testing and other forms of inner ear testing. VEMP testing is used to evaluate whether certain vestibular organs and associated nerves are intact and functioning normally. Responses in this test are measured from different muscles in the neck or around the eyes. VEMP testing uses adhesive, skin surface electrodes and earphones like those used during a hearing test. Sound is played through the earphones, the vestibular organs are stimulated and activate muscle responses in the neck, and the electrodes record the results.

Videonystagmography (VNG)

Videonystagmography (VNG) is used to evaluate patients with dizziness, vertigo, or balance dysfunction. The inner ear and eyes movements are connected through the vestibulo-ocular reflex. The vestibular system monitors the position and movements of the head in order to stabilize retinal images on the eye. In this test, eye movements are recorded, and give information about the central and peripheral balance system. It provides an objective assessment of the oculomotor and vestibular systems. VNG testing consists of three parts: oculomotor evaluation, positioning/positional testing, and caloric stimulation of the vestibular system.

The test takes about up to 1.5 hour (90 minutes) to complete. Some dizziness is normal with VNG testing, and typically is of short duration. Everyone's reaction is different. Your response depends on the underlying cause of your dizziness. If you're already dealing with dizziness symptoms, the tests won't make them worse than they already are and they won't cause previous dizziness episodes to return.

Most of our patients feel just fine to drive after testing, however; it is advised to bring someone to the appointment to drive you home, should you feel unwell afterwards.

You must discontinue use of the following medications for 48 hours prior to your test:

- Allergy pills
- Tranquilizers (Valium, Librium, Xanax, etc.)
- Sedative pills (all sleeping pills or tranquilizers)
- Decongestants/Antihistamines (Benadryl, Sudafed, Dimetapp, Chlortrimeton, Seldane)
- Pain pills
- Diet pills
- Nerve/muscle relaxant pills (Robaxin, Valium)

Preparing for Vestibular Testing

- Dizziness pills (Antivert, Meclizine, Bonine, ear patches, etc.)
- Aspirin or aspirin substitutes (Tylenol, etc.)
- Narcotics/Barbiturates (Codeine, Demerol, Percodan, Phenobarbital, antidepressants)

Additional instructions:

- Wear comfortable clothing and flat, supportive shoes.
- Clean face, no facial or eye makeup.
- If you are a contact wearer, be prepared to remove them if it interferes with the testing.
- No solid foods for 2 to 4 hours before the test.
- No coffee, tea, or cola after midnight on the day of the test.
- No alcoholic beverages/liquid medication containing alcohol 48 hours before the test.
- Discontinue all medication for 48 hours prior to the test, except “maintenance” medications for your heart, blood pressure, diabetes, or seizures, and any medications deemed by your physician to be necessary.

Please consult your physician with any questions. It is helpful if you bring a list of the medications you take regularly, or even the medications themselves. Medications can be resumed immediately following the VNG testing procedures. If there are any questions about the test or medication, please contact your doctor or our office at 520-795-7550.

Patient Questionnaire Please complete before your appointment and bring it with you.

When you are “dizzy” do you experience any of the following sensations/symptoms?

Check all that apply

- Spinning
- Lightheadedness
- Swimming sensation in the head
- Black out/Loss of consciousness
- Hearing loss
- Headache
- Tinnitus (notice in the head/ears)
- Full feeling in the ear(s)
- Nausea/vomiting
- Pressure in the head
- Sensitivity to light/noise
- Tendency to fall to the (circle one): right left forward backwards all directions

Describe your “dizziness” attack(s)

Is your dizziness constant or periodic? _____

When did first attack occur? _____

How long since last attack? _____

How often do the attacks occur? _____

How long do they last? _____

What, if any, warning signs do you have before an attack? _____

Does dizziness occur in certain body/head positions? _____

Are you completely free of dizziness between attacks? _____

Do you know of any possible causes for your dizziness? _____

Do you know of anything that will stop your dizziness or make it worse?

Have you changed medications prior to the onset of your dizziness? _____

Health Questions – Check all that apply

Do you or have you ever

- | | |
|--|--|
| <input type="radio"/> Had ear surgery | <input type="radio"/> Had an autoimmune issue such as rheumatoid arthritis |
| <input type="radio"/> Had difficulty with hearing | <input type="radio"/> Had an acute ear/sinus infection |
| <input type="radio"/> Had fluctuating hearing loss | <input type="radio"/> Have diabetes |
| <input type="radio"/> Had pain/discharge in ears | <input type="radio"/> Have high or low blood pressure |
| <input type="radio"/> Been exposed to or work in loud noise | <input type="radio"/> Headaches |
| <input type="radio"/> Allergies | <input type="radio"/> Neuropathy |
| <input type="radio"/> Use tobacco | <input type="radio"/> Arthritis |
| <input type="radio"/> Use alcohol | <input type="radio"/> Back/neck/knee pain |
| <input type="radio"/> Had cold sores/shingles/herpes simplex virus | <input type="radio"/> Orthopedic surgery |

Please list any medications/supplements you take regularly

What brings on your dizziness? Check all that apply.

- Do you get dizzy after exertion or overwork?
- Does heavy lifting or straining bring on dizziness?
- Did you recently get new glasses/contact lenses?
- Do you get dizzy if you miss a meal?
- Do you get dizzy when standing up?
- Do you get dizzy when looking up?
- Do you get dizzy when bending over?
- Do you get dizzying with quick head movements?
- Do you get dizzy turning over in bed? Right? Left?
- Do you tend to get stressed easily?
- Have you ever had a neck or back injury
- Do you get dizzy walking down the aisle in the grocery store?
- Do loud sounds make you dizzy?
- Does dizziness occur just prior to your menstrual cycle?



Preparing for Vestibular Testing

Have you ever experienced any of the following symptoms? Check all that apply.

- Double vision
- Numbness of face or arms/legs
- Blurred vision or blindness
- Weakness in arms/legs
- Confusion or loss of consciousness
- Difficulty with speech
- Difficulty with swallowing
- Tingling around the mouth

Please describe your dizziness in your own words and note any additional information that may be helpful in treating your dizziness.

Other Important Information

Cancellation

Please give us at least 24 hours notice if you need to cancel this test for any reason.

Medical Records

In order to provide you with the best care, we ask that if you have any medical records regarding your dizziness or balance problem, please have your primary care doctor or specialist send them to our clinic prior to your initial appointment. This is not required to undergo testing but aids our providers in evaluating your condition. This includes past ENG's, VNG's, EMG's, MRI's, CT scans, hearing tests or any other related studies. If you don't know how to obtain or send your medical records, call our office before your appointment and we will be glad to help locate them for you.

Insurance

Please bring a picture ID and your insurance card to your appointment. Videonystagmography (VNG) is covered by most medical insurances. Please check your policy for coverage details including deductibles and copayments. Insurance co-payments are due at the time of visit.

Maps & Directions

We are conveniently located on the south side of River Road east of Campbell Avenue and west of Dodge Boulevard near the intersection of River and Hacienda Del Sol Roads.

Address: 2450 E. River Road
Tucson, AZ 85718

Main Phone: 520-795-7750

Main Fax: 520-320-2155

Hours: 7:30 am to 5:00 pm, Monday through Friday

