



Preparing for Vestibular Testing

Patient Name: _____ **DOB:** _____

Appointment Date/Time: _____

It has been recommended you undergo vestibular testing to further evaluate vestibular involvement in your dizziness. Dizziness and vertigo are complex, and there is no one test that gives us all the answers; therefore, multiple tests are often required.

Please read ALL the below information to best prepare for your scheduled testing.

You are scheduled to complete the tests indicated below:

_____ Videonystagmography (VNG)

_____ Vestibular Evoked Myogenic Potentials (VEMPs)

_____ Caloric Function Tests

_____ Video Head Impulse Testing (vHIT)

What are these tests?

Videonystagmography (VNG)

Videonystagmography (VNG) is a comprehensive test used to evaluate patients with dizziness, vertigo, or balance dysfunction. Our balance system is comprised of three systems working together: our eyes, our body position in space, and our ears. If one or more of these systems are not working well, we can experience dizziness or vertigo. VNG testing consists of three parts: oculomotor evaluation, positioning/positional testing, and caloric function tests so we can evaluate each system individually. In this test, eye movements are recorded which gives information about the central and peripheral balance system. During the VNG appointment, a cVEMP will also be obtained (see below). The test takes about 1.5 hour (90 minutes) to complete. Often, this test is preceded by a 30 minute audiologic evaluation.

Vestibular Evoked Myogenic Potentials (VEMPs)

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 complements 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 vestibular

nerves are intact and functioning normally. Responses in this test are measured from different muscles in the neck or around the eyes in response to loud sounds. VEMP testing uses adhesive, skin surface electrodes and earphones like those used during a hearing test. There are two types of this test – Cervical and Ocular – which are recorded by stimulating different muscles either in the neck or below the eyes through movement of the neck or eyes. Loud sound is played through the earphones, and when specific neck or eye muscles are activated through muscle contraction, the vestibular organs are stimulated, and the electrodes record the results. This test takes about 30 minutes to complete.

Caloric Function Tests

Caloric Function Tests evaluate the degree of responsiveness of the vestibular system and assess for symmetry between ears. It complements the information provided by VEMP testing and other vestibular tests. Caloric testing is part of the ENG/VNG test battery. A caloric response occurs when temperatures either higher or lower than body temperature enter the ear and result in involuntary eye movement. This test can be completed with either air or water. For this test, you will wear goggles to measure your eye movement. We will place air or water into your ears, one at a time, and measure the response from the change in temperature. As the temperature in your ear returns to body temperature, the eye movement will resolve, typically within a minute or two. This test takes about 30 minutes to complete.

Video Head Impulse Test (vHIT)

Video Head Impulse Test evaluates our vestibulo-ocular reflex (VOR). This reflex allows us to keep our balance when moving. For this test, we will place tight fitting goggles on to measure your eye movement. This test is different from an ENG/VNG. You will be instructed to look at a target and the examiner will quickly move your head in small, high acceleration movements. As your head moves in one direction, your eyes should move in the equal and opposite direction. This test takes about 30 minutes to complete.

Important Preparation for 48 Hours Prior to Your Testing

Medications

Certain medications, such as sedatives and stimulants, can influence the results of vestibular testing. For most accurate testing results, please discontinue the medications listed below for 48 hours prior to testing, if possible. Vital medications should not be stopped, including medications for the heart, blood pressure, diabetes, seizures, birth control, and any medications deemed necessary by your physician. **Please consult the prescribing provider prior to discontinuing any medications.**

- Alprazolam (Xanax)
- Lorazepam (Ativan)
- Clonazepam (Klonopin)

- Diazepam (Valium)
- Antivert, Bonine (Meclizine)
- Dramamine
- Diphenhydramine (Benadryl)
- Scopolamine
- Promethazine
- Compazine (Prochlorperazine)
- Amphetamines
- Opioids – oxycodone, hydrocodone, codeine, etc. (IF POSSIBLE)
- Sleeping medications/aids – Zolpidem (Ambien) or Melatonin cannot be taken the night prior to testing.

Loratadine (Claritin), Fexofenadine (Allegra), and other non-sedating antihistamines, and Ondansetron (Zofran) will not interfere with vestibular testing. Bring a copy of your medication list to your appointment. Medications can be resumed immediately following testing, if applicable.

Additional Restrictions

- Do **not** drink alcoholic beverages for at least 48 hours prior to testing.
- Do **not** use tobacco/marijuana for at least 30 minutes prior to testing.
- Do **not** consume coffee, tea, or caffeine after midnight on the day of the test.
- **Testing requires clear ear canals. If you suspect or have been informed of cerumen/wax blockages in your ears, please have this removed prior to testing. Cerumen removal can be completed by most primary care physicians, ENTs, and some urgent cares. If significant cerumen/wax blockages exist on day of testing, we may have to reschedule.**

Day Of Instructions:

- Wear comfortable clothing and flat, supportive shoes.
- Please arrive with a clean and dry face, without facial lotions/moisturizers. **Do not wear any makeup, including mascara and eye liner.** Please remove eyelash extensions if possible. Contact lenses are okay for testing.
- Eat lightly the day of your appointment. No solid foods for 2 to 4 hours prior to testing. A light breakfast is okay, such as toast or juice.

After Testing Instructions:

- Some dizziness with vestibular testing is normal and is typically of short duration. Everyone's reaction is different and is dependent on the underlying cause of your dizziness. If you're already suffering with dizziness symptoms prior to testing, testing will not worsen them and will not cause previous dizziness symptoms to return.

- Most patients are just fine to drive home after testing, however, it is advised to bring someone to the appointment to drive you home, should you feel unwell afterwards. Your driver does not need to stay for the entirety of testing and can return at the conclusion of testing, if preferred.

Other Important Information

Cancellation

- Please give us at least 24 hours notice if you need to cancel or reschedule testing for any reason.

Insurance/Payment

- Bring a picture ID and your insurance card to your appointment.
- VNG, VEMP, and Caloric tests are often covered by most insurances. Please check your policy for coverage details including deductibles and copayments. Insurance copayments are due at the time of visit.
- If you are scheduled for vHIT testing, it is NOT covered by ANY insurance. There is no billable code that exists for vHIT testing, and incurs a self-pay fee. You will be advised of the self-pay fee for vHIT at the time of scheduling and reminded again during appointment confirmation calls.

Directions/Contact Information:

- We are located at **2450 E River Road, Tucson, AZ 85718**. Our building is 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.
- Main Phone: 520-795-7750
- Main Fax: 520-320-2155

Questions?

- If you have any questions, please contact our office at 520-795-7750 and ask for Audiology. We are open from 8:00 am to 5:00 pm, Monday through Friday.