



Instructions Prior to Your Appointments with Audiology & Dr. Tourkevich

Please read **ALL** of these instructions, as your appointments may be **CANCELED** or **RESCHEDULED** if you do not follow instructions, which may result in additional fees.

- Please arrive 15 minutes prior to your scheduled appointment to complete check in paperwork. Allow 3 hours for your visit.
- Please arrive with a clean and dry face, without facial lotions/moisturizers. **Do not wear any makeup, including mascara and eyeliner.** Please remove eyelash extensions if possible. Contact lenses are allowed. Wear comfortable clothing and flat, supportive shoes. You will be moving around during your visit.
- Eat lightly the day of your appointment. **No solid foods 2 to 4 hours prior to appointment.** A light breakfast is okay, such as toast or juice.
- No alcoholic beverages or caffeine after midnight on the day of the test. Do not use tobacco/marijuana for at least 30 minutes prior to testing.
- Certain medications, such as sedatives and stimulants, can influence the results of vestibular testing. For most accurate testing results, please **pause the medications listed below for 24 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.

IF THE MEDICATIONS LISTED BELOW ARE NOT PAUSED FOR 24 HOURS PRIOR TO YOUR TESTING, WE MAY NEED TO RESCHEDULE OR REPEAT YOUR TESTING.

- 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.