

ENG/VNG testing

Electronystagmography/Videonystagmography testing

It is important to note that this test can take up to **90 minutes** to complete. Please read the below explanation for why this testing is done and the instructions that should be followed in order for accurate results to be obtained.

ENG/VNG testing is often performed when the symptom of dizziness or vertigo is reported during examination. Dizziness is a broad term that can mean something different to each individual. It is helpful for us to know exactly what you are experiencing that you call dizziness. Dizziness can be described as: light-headedness, faintness, fogginess etc. Vertigo is a sensation of spinning around a person or a person spinning around things.

Dizziness often occurs with other symptoms, such as: nausea, hearing loss, pressure or fullness in the head or ears, a ringing sensation (called tinnitus), and anxiety. Again, it is helpful to know precisely what other problems, if any, accompany your dizziness.

A VNG examination is a series of tests that stimulate your nervous system in different ways. A pair of goggles are worn throughout the test to track for any involuntary eye movements called nystagmus. Collectively, measuring the nystagmus or lack of nystagmus from these tests can reveal much about your vestibular system.

The tests involve moving the eyes to specified targets, re-positioning the head and body in different planes and lastly introducing both cool and warm air into the ear. Throughout these tests you may experience some dizziness, but the dizziness usually goes away within a few minutes.

Although it is rare that a patient becomes nauseous during the exam, you are advised **NOT** to eat or drink anything for **3 hours prior** to your appointment.

Please wear comfortable clothes. We advise bringing a zip or button up sweater in case you get too hot or cold during testing. **DO NOT** wear **any** eye makeup.

Finally, to ensure accuracy of the exam, it is necessary to refrain from certain medications which would alter the finding. **Diabetes and blood pressure medications as well as medications that have been taken daily for 6 months or longer should continue to be used.** Any non-essential medications or medications taken as needed should be halted for a period of 72 hours prior to your appointment. If you have any questions about medication you wish to continue taking, please consult with your physician and please try to avoid the following:

- Sleeping pills
- Tranquilizers
- Antihistamines
- Anti-dizziness medications/patches
- Alcohol 24 hours prior to testing
- Cold or Allergy medications
- Narcotics

Please contact us if you have any questions.