

You have been scheduled to have a VNG/ENG balance test. This time has been reserved for you. A twenty-four hour notice is required for cancellation.

Your appointment is on: \_\_\_\_\_

Please check in at our office at \_\_\_\_\_

**THE FOLLOWING INSTRUCTIONS ARE VERY IMPORTANT. If you have any questions, please call our office.**

**Do not take any of the following medications for 48 hours before the test:**

Sleeping pills, tranquilizers, sedatives, medications for dizziness or drugs for allergies. **DO NOT STOP TAKING MEDICATIONS FOR DIABETES, HEART DISEASE, HIGH BLOOD PRESSURE, OR SEIZURES.** If you are not sure you can temporarily discontinue a medication, or if you have been taking any medications for more than six months, please contact our office. Write the name and dosage of any medication you cannot discontinue and bring this information with you on the day of your test.

No consumption of alcoholic beverages for 48 hours before the test.

Nothing by mouth for two hours before the test (unless you are diabetic) and eat only a very light breakfast the morning of the test, avoiding caffeine and acidic foods.

Female patients: For your comfort, please wear slacks. Please do not wear make-up as it may be removed during the test.

Fill out the attached questionnaire and bring it with you the day of your appointment.

You may wish to have someone available to drive you home. You may experience slightly increased dizziness for a short time during or following the test.

If you need to cancel or reschedule your appointment please give as much notice as possible. Appointment times for this test are limited.

Testing time is approximately one hour.