



\_\_\_\_\_ is scheduled for the following test/tests in the  
Speech and Hearing Department at 33 Research Way, East Setauket

\_\_\_\_\_ Videonystagmography VNG (test time 60 minutes)  
\_\_\_\_\_ VNG with Tulio/fistula (test time 75 minutes)

DATE AND TIME OF TEST: \_\_\_\_\_

Please arrive in Registration in the front of the building room 106 at the scheduled time.

The **VNG** test evaluates the balance (vestibular) system. The test will assist your physician to identify the cause of your dizziness. There are 3 parts to the test. The test has 3 parts. First you will be asked to move your eyes to follow target lights. Then you will be asked to move your head and body into different positions. The 3<sup>rd</sup> part we will run warm and cool water or air into your ear canals. This last part usually causes a brief and temporary feeling of dizziness. **Tulio and fistula** tests may also be performed as part of the dizziness evaluation. For the Tulio, sounds are applied and for the fistula, air pressure is applied to each ear. Eye movements are recorded using the VNG equipment.

#### **PRE-TEST INSTRUCTIONS:**

- Certain medications can alter test results if taken **within 48 hours of the test**. These medications include sedatives/sleeping pills, tranquilizers, antihistamines, anti-dizziness/nausea medicine, muscle relaxants, aspirin. If possible, these medicines should be discontinued for 48 hours prior to testing. All other medications should be continued as indicated. **NEVER DISCONTINUE PRESCRIBED MEDICATIONS WITHOUT CHECKING WITH PRESCRIBING PHYSICIAN.**
- You can have a light snack (battered roll or bar) before the test but refrain from eating anything heavy.
- Do not wear make-up or face cream. This includes ALL eye make-up, foundations, powder, etc.
- If you wear glasses, please bring them. If you normally wear contact lenses, you may wear them, but please bring your glasses and a case/solution for your contacts as well (we may need to ask you to remove your contact lenses for testing).
- Wear comfortable clothing that allows you to move easily.
- Try to bring someone with you to the test. Some patients may leave with a short-lived feeling of imbalance and it is helpful to have someone else to drive you.

#### **AFTER THE TEST:**

You may resume taking all medications. Test results are not immediately available. The audiologist will evaluate the findings and send a report to your referring physician.

**Visit our website at [www.stonybrookmedicalcenter.org/speech hearing](http://www.stonybrookmedicalcenter.org/speech%20hearing)**