



## VNG Pre-Test Instructions

Plan to arrive at the office at least 15 minutes prior to the appointment to allow for parking. The test will take approximately one and one-half hours. If for any reason this appointment cannot be kept, please notify the office as soon as possible by calling **979.693.6000**.

Certain medications may influence the findings of the VNG exam. Therefore, we ask that you not take any non-essential medications for **THREE DAYS** prior to the appointment time and that you particularly avoid:

- Alcoholic beverages
- Sleeping pills
- Tranquilizers (i.e. Valium, Xanax, etc.)
- Anti-histamines (i.e. Benadryl, Dimetapp, Zyrtec, Allegra, Claritin, Astelin, etc.)
- Anti-dizzy pills (i.e. Antivert, Meclizine, etc.)
- Anti-nausea pills (i.e. Phenergran, Dramamine, Thorazine, etc.)
- Narcotics of any kind
- Cold and allergy medicines (including over-the-counter)
- Medications which contain any of the above

Please continue to take heart, high blood pressure and anticonvulsant medications.

- Do not drink coffee, tea, soda, or any beverage containing caffeine within 24 hours of the test.
- Do not smoke within 24 hours of the test.
- Do not eat or drink anything for a period of 3 hours before the time of your test.
- Do not wear eye make-up and please wear comfortable (loose) clothing.

We recommend that a friend or family member drive you home. Most people feel fine after a few minutes, while some continue to feel a little dizzy after testing.