



On the day of your appointment, please bring with you the following:

- Prescription from your doctor with a diagnosis code.
- Referral from your insurance company, if needed.
- Authorization from your insurance company, if needed.
- Your insurance card(s) and identification.

If you are unable to keep your scheduled appointment, please notify us as soon as possible at **(732) 897-7346**.

Audiology

Videonystagmography(VNG)/Electronystagmography(ENG)

General Information:

- Dizziness is more common than most people think. It is the second most common complaint people bring to their doctors.
- During VNG tests, goggles housing sophisticated cameras will be placed over your eyes. If testing is performed via ENG, electrodes are placed near the eyes. Both methods are designed to carefully record eye movement.
- VNG/ENG is a group of tests that can contribute to the information your doctor needs to diagnose your dizziness. One test is saccade, which looks at side-side eye movements. Another is the pursuit test, which looks at your ability to follow moving targets. A positioning maneuver tests for motion-induced dizziness.
- Caloric tests involve changing the temperature of your ear with cool and warm air and then measuring the resulting changes in eye movements. Some people feel slightly dizzy during the caloric portion of the evaluation but it generally lasts for only 30-60 seconds.

Pre-Test Information:

- **Do not wear make-up** to the test because it will have to be removed to place the electrodes.
- Bring prescription eyeglasses if you use them.
- Dress comfortably due to changes in positioning during testing.
- Do not eat for a period of 3-4 hours prior to your appointment.

Some medications may alter the findings of the VNG/ENG evaluations. **DO NOT** take the following medications prior to your appointment however; **consult your doctor before discontinuing any prescribed medications:**

- Anti-dizzy medications (Antivert, Meclizine), sleeping pills, tranquilizers, anti-depressants and pain medications should be discontinued 48 hours prior to testing.
- Cold, allergy medications, antihistamines and alcohol should not be used 48 hours prior to testing.