

Videonystagmography (VNG) Test

General Information

The vestibular (balance) system maintains your body's balance and posture. It controls how your body moves from place to place. This system also keeps objects in focus as you move.

Inside your inner ear is an organ called the labyrinth. It interacts with your eyes, bones and joints to help maintain your balance.

These areas, along with your brain and nervous system, can be the source of balance problems. A balance problem can make you feel dizzy or unsteady.

VNG Test

Your health care provider wants you to have a videonystagmography (VNG) test. This test will help your provider decide what is causing you to feel dizzy or unsteady.

A VNG test records eye movements with little cameras. The test will take 2 to 3 hours.

Before the Test

- Take any medicines you usually take (such as heart, high blood pressure or anticonvulsant). Do not stop taking any medicines unless you have talked with your health care provider. If you have any questions about taking your medicines, talk with your provider.
- Do not take anti-dizziness medicines 48 hours before the test, such as Dramamine[®], Valium[®], meclizine (Antivert[®] and Bonine[®]), antihistamines, muscle relaxants, sedatives or sleep medicines.

- Do not have caffeine, nicotine or alcohol 48 hours before the test.
- Do not eat for 3 hours before the test.
- Do not wear mascara or other make-up around your eyes.
- You may be dizzy for 2 to 3 minutes after your test, but should be able to drive yourself home. If you have any concerns about driving after your test, please arrange to have someone drive you home.
- Bring a list of your current medicines with you to the test. Include all prescription, over-the-counter, vitamins, herbal or natural products.
- Wear comfortable clothing.
- Tell the audiologist if you have an allergy to latex.

During the Test

- You will lie on an exam table.
- You will wear goggles that have little cameras to record your eye movements.
- Special electrodes will be placed on your neck.
- You will:
 - follow the movements of small lights with your eyes
 - look to the left and right
 - change positions, such as sitting up or lying down.
- Cool and warm air will be lightly blown into your ear canal for 1 minute.

(over)

After the Test

- Return to your normal activities, diet and medicines as instructed by your health care provider.
- Your health care provider will get the test results and talk with you about any needed treatment.