

TRI COUNTY EAR NOSE AND THROAT, P.C.

ENG/ BALANCE TEST (ELECTRONYSTAGMOGRAPHY)

Testing will take approximately one hour. It is very important you show up on time. If you are late, we may have to reschedule. We do not provide baby sitting service.

This test is designed to evaluate inner ear system responsible for balance.

IMPORTANT INFORMATION

1. Medications that act on your central nervous system or that suppress your inner ear function must be stopped a full 48 hours prior to the testing appointment. This would include any medications you take for dizziness, including Antivert, Meclizine, Valium, Dramamine, or scopolamine patches. If you forget and take any of the above medications in the 48 hours prior to your testing appointment, we will be unable to perform your test and will need to reschedule your appointment in order to obtain reliable results.

2. Other CNS acting medications that need to be stopped **48 hours** prior to your appointment would include, but are not limited to: Anti-depressants (Zoloft, Prozac, Wellbutrin), sleeping pills, tranquilizers, anti-anxiety medications, sedatives, prescription pain killers that contain narcotics (Tylenol#3, etc.), any cold or allergy medications that make you sleepy such as Benadryl, Nyquil etc. However, some medications should not be stopped abruptly. Please check with your pharmacist or the physician, who wrote the prescription, with any questions or concerns regarding stopping these medications. If your physician does not want you to stop any of the medications mentioned in this paragraph, please let us know.

3. CONTINUE THESE TYPES OF MEDICATIONS: Continue anything you take for heart or kidney problems, high blood pressure, circulatory disorders, blood thinners, breathing disorders, diabetes, cancer, arthritis (non-narcotics), seizures, or hormone imbalance. You may also continue vitamins, steroids, antibiotics, water pills (diuretics). You may take over-the-counter painkillers such as Tylenol, Advil, ibuprofen, aspirin, and acetaminophen etc.

4. Do not drink alcohol for 48 hours prior to this appointment. (includes hard liquor, wine, or beer)

5. We ask that you try not to eat approximately two hours prior to the test. Part of the test may make you briefly dizzy and may cause nausea. If you need to eat in the two hours prior to testing, please keep the meal light. Keep liquids to a minimum as well.

6. Please **do not wear contact lenses.** ENG testing requires measurement of eye movements and contact lenses interfere with accurate recordings. If you wear your contacts to the appointment, please bring your lens case.

7. PLEASE DO NOT WEAR ANY MAKE-UP!
You will be asked to remove IT.

8. No perfumes or colognes.

9. No smoking for 6 hours prior to the test.

10. Although rare, some patients experience slightly increased symptoms of dizziness after testing.

You may wish to have someone available to drive you home.

If unable to keep appointment, please give our office 48 hours notice by calling (570)253-0202 to avoid charges or a \$60 fee will be applied to your account.