

## ENG PRE – TEST INSTRUCTIONS

Your physician has scheduled you for an ENG ( Electronystagmography) evaluation.

This test is a simple painless procedure to evaluate your balance system. Patients with dizziness, disequilibrium or other balance disorders are often referred for this test. The entire test including a comprehensive audiological evaluation takes about 1 1/2 hours. We strongly suggest arranging for someone to bring you. A few patients do experience dizziness after the testing so we recommend not driving after the test procedure..

### INSTRUCTIONS BEFORE TESTING:

1. Discontinue any anti-vertigo or central nervous system affecting medications for 48 hours prior to testing. This would include Antivert , Meclizine, Bonine, Dramamine, Scopolamine, Antihistamines, Sleeping pills, some pain medications, narcotics, some anti depressants or tranquilizers. Taking any of these medications may adversely affect the testing results.
2. **Do Not Discontinue medications for controlling blood pressure, or medications for the treatment of cardiac disease or circulatory problems. Do not discontinue medications for the treatment of Diabetes or medications treating similar disorders**
3. Abstain from drinking alcohol for 48 hours before the test
4. If medically possible, abstain from eating or drinking liquids for 4 hours before the test. If you are diabetic, or have a similar disorder, eat a light meal and continue your regular routine.
5. You will need to remove contacts and glasses before testing.
6. No makeup or facial moisturizers on the day of testing.
7. wear comfortable clothing and flat healed shoes

**The testing is completed in a very small room with low lighting. Therefore, there is only room for the patient and the audiologist. Please if there are any questions feel free to call our office at (618)-462-7900.**