

Rehder Balance & Hearing Clinic, Inc.

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What to Expect During Vestibular Testing.

You are scheduled to have a test of your vestibular (balance) system. These tests provide information on how your inner ears and brain are processing information. Following is a brief description of the tests used to evaluate patients with dizziness or imbalance. You may be scheduled for all or only some of the tests below.

Hearing Test

You are placed in a soundproof booth wearing a set of headphones which is connected to an audiometer. The audiometer produces tones at specific frequencies and set volume levels to each ear independently. You will be asked to respond, by pushing a button every time you hear a tone, no matter how soft it is. A test called a tympanogram is also performed. In this test, a small probe is placed in the ear and the air pressure in the ear canal is varied. This test tells how structures in the middle ear are working. Disorders of the middle and inner ear can be responsible for balance disorders. *This test takes approximately 15 minutes.*

Videonystagmography (VNG)

This test records an eye reflex (nystagmus) that naturally occurs when your vestibular system is stimulated. This nystagmus is recorded using infra-red goggles worn throughout the test. During the first part of the test you will be asked to follow moving targets on the wall with your eyes. The second part of the test consists of having you lie down on your back with your head turned to each side and moving from sitting up to lying down. The final part of the test requires putting cool and warm air in the ear canal for one minute to stimulate the inner ear and measure a response. Some people experience a mild sensation of dizziness that lasts for a very short time; others do not feel dizzy at all. *The test takes approximately 45 minutes to an hour.*

Vestibular Evoked Myogenic Potentials (VEMP)

This test records a response from the vestibular (balance) nerve. Two small surface electrodes are placed on muscles on your neck and one on your forehead. Insert earphones (similar to foam earplugs) are worn. A loud clicking noise is played in one ear while you look over your shoulder. This is done for both ears. *This test takes approximately 15 to 20 minutes.*

Patient Instructions

- **DO NOT** wear eye makeup (Mascara, eye shadow, eye liner, etc.)
- **DO NOT** drink alcoholic beverages **48 hours** prior to testing.
- **DO NOT** take anti-dizziness pills, sleeping pills or tranquilizers, over the counter medications **48 hours** prior to testing.
****Always consult your physician before discontinuing any prescribed medication.****
- **DO NOT** eat for at least **2 hours** before the test as the tests may cause brief nausea in a few patients.
- Some of the testing may give you a sensation of motion that may linger. If possible, we encourage you to have someone accompany you to and from the appointment; however if this is not possible, try to have someone available to drive you should it become necessary.

Your appointment is scheduled for _____ at _____

- **Bring all insurance cards as well as a picture ID to your appointment.**
- **Fully complete Questionnaire and bring it with you to your appointment. **The time allotted for your appointment does not include time to complete paperwork. If misplaced, please arrive early to complete,**
- Please notify us should it become necessary to cancel your appointment. We would appreciate at least a 24 hour notice. Thank you.