RÉSEAU DE SANTÉ
Horîzon
HEALTH NETWORK

Audiology Videonystagmography (VNG) Instructions

Appointment date: _____   Time: _____

Videonystagmography (VNG) is a test of the balance system. The test helps your doctor understand the cause of your dizziness or balance problem. It may take up to 2 hours.

What to Expect:
Each step will be explained during the test. Goggles will be worn to record eye movement. During the test, you will sit and look at dots and stripes, lie down on your back or side, and turn your head from side to side. For the final test, warm and cool air or water will be placed in your ears for 30 to 60 seconds. This may cause some temporary dizziness.

DO NOT ☒

- No **eye make-up**
- No **glasses** during the test. Contact lenses are allowed

48 hours before testing:

- No **medicine** for nausea and/or dizziness (for example Gravol, Serc)
- No **alcohol or cannabis**
- No over-the-counter allergy, cold or sleep medications. Non-drowsy formulas are okay
- If you are **unsure about discontinuing a medication, please call your referring physician** to discuss

DO ☑

- Have a driver available for after the test as you may feel slightly unsteady
- Wear comfortable clothing
- Eat lightly the day of your appointment; such as toast and juice
- Have ear wax removed before your test if you have frequent wax build-up
- If you had a hearing test elsewhere in the last 6 months, please forward the results to us before the appointment
- Continue **vital medications** (for example heart, blood pressure, depression, diabetes anticoagulants and birth control)

Failure to follow instructions may result in your appointment being rescheduled for a later date. If you have any questions, concerns or if you are unable to keep your appointment, please call your Audiology department. Also, for more information, see Horizon's website below:

- Saint John Regional Hospital   506 - 648 - 6545
- Moncton Hospital   506 - 857 - 5365
- Dr. Everett Chalmers Hospital   506 - 452 - 5931
- Miramichi Regional Hospital   506 - 623 - 3120

https://en.horizonnb.ca/home/facilities-and-services/services/support-and-therapy/audiology/our-services.aspx