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VIDEO ELECTRONYSTAGMOGRAPHY

You have been scheduled for a Dizziness and Balance Disorders Assessment. This testing will determine if your symptoms are peripheral or of central origin. The assessment will take approximately forty-five (45) to ninety (90) minutes. There is a slight chance that you might become dizzy or nauseated for a short time during or after the assessment, so if possible, you should try to have someone accompany you to the assessment and be available to drive you home if necessary. In order to obtain the most valid, highest quality results for the test, and for your comfort and protection, you are asked to please comply with the following instructions:

1. If possible, discontinue any anti-vertigo or vestibular suppressing medications for forty-eight (48) hours prior to assessment. These medications include antivert, meclizine, bonine, dramamine, scopolamine, and antihistamines. Both over-the-counter and prescription forms of these medications may adversely affect the test results. **DO NOT DISCONTINUE MEDICATIONS FOR BLOOD PRESSURE CONTROL, CARDIAC, OR CIRCULATORY PROBLEMS, DIABETES OR OTHER MEDICATIONS FOR SIMILAR MEDICAL DISORDERS!**
2. Abstain from alcohol use for forty-eight (48) hours before the assessment.
3. Wear loose, comfortable clothing and flat-heeled shoes for assessment.
4. Many patients see an increase in their dizziness or balance-related symptoms caused by the testing. If possible, have someone drive you to your appointment.
5. No food for two hours prior to the testing.
6. No contact lenses.
7. No eye make up.
8. Ear canals should be clean and free of debris. Also, please let us know of any perforations and/or tubing.
9. If you need to reschedule or cancel your appointment for any reason, please call the office at least twenty-four (24) hours prior to your scheduled appointment at (516) 887-3516.