



The Audiology Center at the George Washington Medical Faculty Associates
2300 M Street NW, 4th floor
Washington, DC 20037
202.741.3275

Special Testing Instructions

You have been scheduled for the following test(s):

Please note that if you are more than 15 minutes late you will be asked to reschedule your appointment.

- Hearing test on _____ at _____ am/pm
- Videonystagmography (VNG) Test on _____ at _____ am/pm
- Electrocochleography (ECOG) Test on _____ at _____ am/pm
- Vestibular Evoked Myogenic Potential (VEMP) Test on _____ at _____ am/pm

PLEASE READ AND FOLLOW THE DIRECTIONS LISTED BELOW, FAILURE TO DO SO MAY REQUIRE YOU TO RESCHEDULE YOUR APPOINTMENT.

Please refrain from drinking/eating **CAFFEINE** for **48 hours** prior to your test date.

Avoid wearing heavy creams and/or makeup on the face and neck.

Certain medications can affect the results of vestibular tests. In order to prevent this from happening, it will be necessary for you to **STOP taking medications that act on your central nervous system a full 48 hours prior to testing**. These medications include (the listed medications are examples and not an exhaustive list):

1. Tranquilizers (Valium, Librium, Atarax, Vistaril, Serax, Ativan, Librax, Tranxene, Xanax, etc)
2. Antihistamines (Benadryl, Claritin, Dymista, Allegra, Chlor-trimeton, Dimetapp, Disophrol, Actifed, Teldrin, Triaminic, Hismanol, ...any over-the-counter cold or allergy medicine)
3. Alcoholic beverages/ Recreational drugs
4. Anti-dizziness/Anti-nausea medications (Antivert, Meclizine, Transderm Scopolamine Patch, Atarax, Dramimine, Compazine, Antivert, Bucladin, Phenergan, Thorazine)
5. Sedatives (Halcion, Restoril, Nembutal, Seconal, Dalmane, or any sleeping pill)
6. Muscle relaxants
7. Anti-depressants (Zolof, Prozac, Welbutrin)
8. Stimulants (Amphetamines, ephedrine, pseudoephedrine, nicotine,)

Certain medication should not be stopped abruptly, if you have any concerns/questions about stopping medication please consult your pharmacist and/or prescribing physician. If you are not able to stop taking a medication listed above please disclose this to your audiologist on the day of testing.

Please refrain from taking any **diuretics** for **48 hours** prior to your **ECOG** and **VEMP** test dates.

Please do not eat approximately 2 hours before the VNG test. Part of the VNG test may make you dizzy and may also cause nausea. If you must eat in the 2 hours prior to the test, please keep the meal light. Please keep liquids to a minimum as well. Please avoid wearing **eye make up** for the **VNG test**, this interferes with testing and you will be asked to remove your eye makeup. Some patients experience increased dizziness symptoms after VNG testing and may wish to have someone available to drive them home.

Please call if you have any questions.

IF YOU CANNOT MAKE YOUR APPOINTMENT, PLEASE CONTACT US AT LEAST 48 HOURS IN ADVANCE.