

GOBINDER S. CHOPRA, M.D.

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Scheduled on: (DATE) _____ @ (TIME) _____

PATIENT MUST HAVE DRIVER FOR THIS TEST

Vestibularnystagmogram (VNG)

An Vestibularnystagmogram (VNG) is a test that measures involuntary rapid eye movements. VNG evaluates how well your eyes, inner ears, and brain maintain your balance. During the test, eye movements are recorded by a special video camera attached to goggles. A computer then analyzes the eye movements and provides information about the messages the inner ear is sending to control the movements of eyes through the central nervous system.

How to prepare

You **must** have a driver (or test will be rescheduled). You may become too dizzy to drive. Do not take sedatives, muscle relaxers, or medications for vertigo/dizziness 48 hours before test. No eye make-up. Please bring your contact case with solution or wear your eye glasses on the day of your test. Contacts have to come out for the test and you are responsible for storage. If you have a sinus infection, ear infection, allergies (hay fever), or any cold related symptoms, please call to reschedule test.

What to expect

A technician will place goggles over your eyes and readings will be taken as you perform a series of visual tasks such as following light. You will perform part of the test sitting in a chair and part lying down on a table. You will be asked to move your body and your head in different positions. You will also have cool and warm air blown into your ears which can cause you to become fatigued, dizzy, or mildly nauseated during the test. These effects are temporary.

Aftercare

You must have a driver after the test. You must schedule a follow up appointment for these results. Results are usually available within one week.

If you have permanent make-up, false eyelashes or lens implants from cataracts surgery please advise staff before procedure.

REMINDER: ALL RESCHEDULING OR CANCELLATION MUST BE MADE AT LEAST 72 HOURS IN ADVANCE FOR ALL TESTS. THERE WILL BE A \$50 CHARGE FOR NO SHOW OR LAST MINUTE CANCELLATIONS.

PLEASE ARRIVE 15 MINUTES PRIOR TO YOUR APPOINTMENT TIME.