

### Pre-Test Instructions for Videonystagmography (VNG)

You were referred to our clinic because you have spoken to your doctor about your symptoms of dizziness, lightheadedness, and/or unsteadiness. A VNG is a test that focuses on your dizziness/vertigo that can be caused by a disturbance in a particular part of your inner ear of balance system. This test is not painful, however it is time consuming (approximately 1 to 1 ½ hours), so please be prompt.

**You must have a driver to escort you to and from this appointment as dizziness, lightheadedness, nausea, and vertigo have been reported by some patients as lingering effects of the vestibular testing. Without a driver you will not be able to complete testing.**

Please be sure to eat a light breakfast/lunch prior to your testing time. Please follow the instructions below. Failure to follow the instructions can cause your test to be inconclusive and/or inaccurate.

1. **DO NOT** wear any make-up the day of your test. This includes **eyelash extensions**, eye shadow, eye liner, mascara, and foundation/powder.
2. **DO NOT** take any of the following at least 48 hours (preferable 72 hours) before the test:
  - Anti-nausea medications: Dramamine, Campazine, Bonine, Marezine, Vontrol, Phenergan, Thorazine, etc...
  - Anti-vertigo medications: Meclizine, Antivert, Ru-vert, etc...
  - Tranquilizers: Valium, Librium, Atarax, Vistral, Equanil, Miltown, Traivil, Serax, Strafon, etc....
  - Sedatives: Nembutal, Seconal, Delmane, Doriden, Placidyl, Quaalude, Butisol, or any other sleeping pill
  - Narcotics and Barbiturates: Pheobarbital, Codeine, Demerol, Dilaudid Percodan, Phenaphen, etc...
  - Anti-Histamines: Chlor-trimeton, Dimetane, Disphorol, Benadryl, Actified, Teldrin, Triaminid, Drixerol, Dimetapp, and/or any over the counter remedies
  - Alcohol: any quantity, including beer, wine, and cough medicines containing alcohol
3. **DO NOT** drink any caffeinated beverages (coffee, tea, colas, cocoa, etc...) for at least 8 hours prior to testing.
4. **DO NOT** smoke for at least 8 hours prior to testing

**If you have any questions, please feel free to contact us at 443-295-7100.**

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

Referring Physician: \_\_\_\_\_

Primary Care Physician: \_\_\_\_\_

**Please answer all of the following questions to the best of your ability**

***Do you experience any of the following sensations (check any that apply):***

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Lightheadedness  | <input type="checkbox"/> Swimming sensation in head   | <input type="checkbox"/> Blacking out    |
| <input type="checkbox"/> Tendency to fall | <input type="checkbox"/> Loss of consciousness        | <input type="checkbox"/> Migraines       |
| <input type="checkbox"/> Nausea/vomiting  | <input type="checkbox"/> Objects spinning around you  | <input type="checkbox"/> Motion sickness |
| <input type="checkbox"/> Pressure in head | <input type="checkbox"/> Loss of balance when walking | <input type="checkbox"/> Fear of falling |

***Please select YES or NO and write your answers***

Is your dizziness constant?  Yes  No

How often does your dizziness last? \_\_\_\_\_

How long do your symptoms last? \_\_\_\_\_

When did you first experience your symptoms? \_\_\_\_\_

When was your last episode? \_\_\_\_\_

Did you ever injure your head?  Yes  No

If yes, please explain

Have you had any recent imaging studies (MRI/CT) completed?  Yes  No

If yes, please explain

Is there any relationship between eating and dizziness?  Yes  No

Can you tell when an attack is about to start?  Yes  No

Do you know of anything that makes your dizziness worse or better?  Yes  No

Worse? \_\_\_\_\_ Better? \_\_\_\_\_



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How severe is your dizziness (check any that apply)?

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Mild           | <input type="checkbox"/> Moderate      | <input type="checkbox"/> Severe           |
| <input type="checkbox"/> Getting Better | <input type="checkbox"/> Getting Worse | <input type="checkbox"/> Staying the Same |

***Do you experience any of the following symptoms? Please check box and select the appropriate occurrence.***

- |   |                                   |                                      |
|---|-----------------------------------|--------------------------------------|
| <input type="checkbox"/> Double Vision                      | <input type="checkbox"/> Constant | <input type="checkbox"/> In Episodes |
| <input type="checkbox"/> Blurred Vision/Blindness           | <input type="checkbox"/> Constant | <input type="checkbox"/> In Episodes |
| <input type="checkbox"/> Numbness in face                   | <input type="checkbox"/> Constant | <input type="checkbox"/> In Episodes |
| <input type="checkbox"/> Numbness in arms/legs              | <input type="checkbox"/> Constant | <input type="checkbox"/> In Episodes |
| <input type="checkbox"/> Weakness in arms/legs              | <input type="checkbox"/> Constant | <input type="checkbox"/> In Episodes |
| <input type="checkbox"/> Clumsiness in arms/legs            | <input type="checkbox"/> Constant | <input type="checkbox"/> In Episodes |
| <input type="checkbox"/> Confusion or loss of consciousness | <input type="checkbox"/> Constant | <input type="checkbox"/> In Episodes |
| <input type="checkbox"/> Difficulty with speech             | <input type="checkbox"/> Constant | <input type="checkbox"/> In Episodes |
| <input type="checkbox"/> Difficulty swallowing              | <input type="checkbox"/> Constant | <input type="checkbox"/> In Episodes |