

# ***SUBURBAN AUDIOLOGY AND BALANCE CENTER***

## **ENG INSTRUCTIONS**

You have been scheduled for an electronystagmogram (ENG). This 90 minute test is designed to provide information regarding your dizziness or unsteadiness. Although some patients experience a little dizziness during the test, it is a short duration and will subside quickly. Most patients enjoy the experience and leave in good humor.

**Medications** may reduce the accuracy of the testing. **Please discontinue taking all but essential maintenance type medications** (i.e. medicine for your blood pressure, heart, diabetes, seizure control etc.) **48 hours prior to the test.** The following medications are especially disruptive to ENG testing:

- Anti-depressants
- Tranquilizers
- Decongestants
- Diet pills
- Dizziness pills (i.e. Antivert)
- Allergy pills
- Sleeping pills
- Pain pills
- Nerve pills
- Antihistamines
- Aspirin

**Food, Drink and Smoking:** Make the meal prior to the ENG test a small one. In addition, do not consume any alcohol within 48 hours, caffeine after midnight, or smoke within 4 hours of the test.

**Apparel:** Wear comfortable clothes (i.e. slacks for women) and **remove all makeup prior to testing.** In addition, remove contact lenses and bring eyeglasses to the evaluation.

**YOUR COOPERATION IN FOLLOWING THESE INSTRUCTIONS WILL GREATLY IMPROVE THE QUALITY OF YOUR EXAMINATION**