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PATIENT INFORMATION AND INSTRUCTIONS FOR ELECTRONYSTAGMOGRAPHY (ENG)

An ENG is a test of the balance mechanism of the inner ear. The results will help to locate malfunctions of your balance mechanism, which may cause dizziness and other symptoms, such as hearing loss. This test is a simple, painless procedure requiring about 1 to 1 ½ hours.

The test consists of placing small electrodes on the forehead and near each eye. A tracing of eye movements is obtained in various head positions. A small amount of cool and warm water will slowly be irrigated into the outer ear canal for 40 seconds and will immediately run back out of the ear again. The cooling and warming effect of this water may cause slight dizziness, but the dizziness subsides within one to two minutes.

Certain medications effect the results of this test. Please follow the instructions below. Failure to follow the instructions can cause the test results to be false or useless.

- DO NOT** take any of the following medications for **48 HOURS** prior to the test:
Anti-nausea medicines (Dramamine, Compazine, Bonine, Thorazine, etc...).
Anti-vertigo medicines (Antivert, Meclazine, etc...).
Tranquilizers (Valium, Librium, Antarax, Equanile, Xanax, etc...).
Sedatives (Nembutal, Seconal, Dalmane, Quaalude, Butisol or any other sleeping pills).
Narcotics and Barbiturates (Phenobarbital, Codeine, Demerol, Percodan, etc...).
Antihistamines (Clor-trimeton, Dimetapp, Benadryl, Actifed, or any other over the counter cold remedies).
Migraine headache medication (Fioricet, Fiorinal, etc...).
Alcohol in any quantity (including beer, wine and cough medicines w/alcohol).
- DO NOT** drink caffeinated beverages for **8 HOURS** prior to test (coffee, tea, cola).
- DO NOT SMOKE** for **8 HOURS** prior to test.
- If the test is in the morning, eat a light breakfast. If after lunch, eat a light breakfast and a light lunch.
- DO NOT** wear contact lenses to your appointment, as they can affect the results of your test. Please wear your glasses. If you only wear contacts, you must remove them during test. Please bring your contact case.
- DO NOT** wear any eye make-up at time of test.

We suggest that you make arrangements for transportation home after testing. Many of our patients have experienced problems operating a vehicle because of dizziness.

If you have any questions, please call our office at 301-774-0074.

PLEASE NOTE: There will be a \$50.00 charge if you do not call to cancel your appointment at least 48 hours prior to the scheduled test.

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