



# Stony Brook Medicine

\_\_\_\_\_ is scheduled for the following test/tests in the Speech and Hearing Department at 33 Research Way, East Setauket

\_\_\_\_\_ Videonystagmography (VNG)

DATE AND TIME OF TEST:

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## **INSTRUCTIONS:**

- **Do not wear make-up or face cream. This includes ALL eye make-up, foundations, powder.**
- **Avoid taking the following medications for 48 hours if possible:** sedatives/sleeping pills, tranquilizers, antihistamines, anti-dizziness/nausea or motion sickness medications, diuretics, muscle relaxants, aspirin. **ALWAYS CONSULT WITH YOUR PHYSICIAN BEFORE DISCONTINUING PRESCRIBED MEDICATIONS.**
- Avoid a heavy meal 4 hours before the test. Light snacks are fine.
- Do not wear contact lenses.
- Wear comfortable clothing.
- The testing will make you temporarily dizzy. Try to bring someone with you to the test, or plan to sit for 15-30 minutes after the test prior to driving.

The test time is approximately 60 minutes. You will be asked to follow objects with your eyes, then move into different head and body positions. Following, the Audiologist will run cool and warm air into the ear canals. This part of the test may make you dizzy.

Visit our website at <http://www.stonybrookmedicine.edu/patientcare/speechhearing>