

Date/time of test:

Date/time of review of test:

Instructions for Balance Testing

You have been scheduled for balance testing at your doctor's request. The test will take approximately 1 to 1.5 hours to complete and it is not painful.

To prepare yourself for the test, please follow the instructions listed below:

48 HOURS BEFORE YOUR TEST

1. **STOP** taking the following medications:
 - Muscle relaxers
 - Sedatives and Tranquilizers
 - Narcotics and Barbiturates
 - Anti-histamines
 - Anti-dizzy/nausea medications
 2. **CONTINUE** taking medications for you:
 - Blood pressure
 - Heart
 - Diabetes
 - Thyroid
 - Depression/Anxiety
 - Seizures
 - Birth control
 3. Do **NOT** consume alcoholic beverages.
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24 HOURS BEFORE YOUR TEST

1. Continue following the instructions above.
 2. **DISCONTINUE** caffeine (e.g., coffee, tea, soda, diet pills and/or chocolate) and nicotine.
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THE DAY OF YOUR TEST

1. Continue following **ALL** the instruction above.
 2. If you are taking the exam in the morning, you may eat a light breakfast (e.g., toast and juice). If you are taking the test in the afternoon, you may eat breakfast and no lunch.
 3. Wear comfortable, layered clothing.
 4. Do **NOT** wear make-up or apply lotions/oils to your face. This includes mascara and eyeliner. If you have permanent eye make-up please speak with the audiologist prior to your testing.
 5. It is common to feel fatigue or imbalanced for a short time following the exam. If the imbalance persists, you are welcome to wait until you feel better or have prior arrangements made to have a driver standby.
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If you have any questions regarding the testing please contact our office.

Computerized Dynamic Posturography (CDP) – is a series of tests that evaluate how well you are able to use your inner ears, eyes and the body's muscles and joints in order to maintain your balance. During CDP testing, the patient stands on a force-sensing support surface within a movable visual surround.

Electrocochleography (ECOG) – is a technique of recording electrical potentials generated in the inner ear and auditory nerve in response to sound stimulation, using an electrode placed in the ear canal. The ECOG is used for detection of elevated inner ear pressure, such as endolymphatic hydrops or Meniere's disease.

Auditory Brainstem Response (ABR) – is an auditory evoked potential that obtains information about the inner ear and brain pathways, using electrodes placed on the head. The ABR is used to test the presence of an acoustic neuroma (a rare, benign tumor of the vestibule-cochlear nerve). However, this test is occasionally used to evaluate individuals who are unable to respond to audiometric testing, such as with infants.

Videonystagmography (VNG) – is the gold standard test for people with imbalance, vertigo and/or dizziness. VNG refers to a group of tests that uses goggles with infrared cameras to monitor the eyes. The infrared cameras measure eye movements to evaluate signs of inner ear and/or neurological problems.

Computerized Rotary Chair - is a test that provides information beyond the gold standard about how well the balance organs are functioning. During rotary chair testing, the patient sits in a motorized chair that swivels side-to-side at a controlled rate.