



What is a Videonystagmography (VNG) or Electronystagmography (ENG)?

Department of Audiology, Hotel Dieu Hospital site – (613) 546-3382

What is a VNG/ENG?

- This test has been ordered by your doctor to test the inner ear that is part of the balance system.
- The test measures eye muscle movements, and your doctor can learn a lot about how your inner ear is working from this.
- This test may be ordered for any of the following symptoms:
 - Dizziness
 - Hearing loss
 - Pressure or fullness in the ears or head
 - Off balance
 - Ringing in the ears ('tinnitus')

How do I prepare for the test?

48 hours before the test

It is important that you don't drink any alcohol or use any form of marijuana. **If possible** stop taking **only those medications listed below** for **48 hours before the test**, as they could affect the results. Stopping any medication should be discussed with your family doctor.

- | | | |
|-----------------|-------------------|---------------------|
| • allergy pills | • sleeping pills | • antihistamines |
| • cold pills | • tranquilizers | • alcoholic drinks |
| • pain pills | • dizziness pills | • anti-nausea pills |

Continue to take all of your other medications. If you are uncertain you can check with your doctor.

The day of the test

- Do not put any makeup or creams on or around the eyes.
- Eat a light breakfast or lunch, depending on the time of your test.
- It's best not to wear contact lenses – wear glasses if you have them.
- The test takes 1 to 1 ½ hours, so plan on being here for about 2 hours.
- You may want to bring someone with you who can drive you home, in case you don't feel up to it. Generally, driving after the test is not a problem.

What happens during the test?

- You will sit in a reclining chair, facing a bar with a small red light on it.
 - **FOR a VNG test:** You will be asked to place a pair of goggles over your eyes. They will be adjusted to fit you firmly but comfortably.
 - **FOR an ENG test:** The area around your eyes will be cleaned with an alcohol wipe and 5 electrodes will be placed around your eyes. This will not cause any pain.
- You will be asked to watch the red light on the bar while you do a number of different eye movement tests.
- You will then be tested for one minute in each of the following positions:
 - Sitting
 - lying on your left side
 - lying flat
 - lying on your right side.
- Finally, a tiny tube will direct water into your ear. Cool and warm water will be used in each ear.
- You may experience dizziness during the last part of the test but this is a normal reaction and will gradually go away after a few minutes. There is a small chance that you might feel nauseated and may vomit.

What happens after the test?

- You should not be left with any side effects. Some people feel dizzy for a few hours.
- If you don't already have one, you will need to make an appointment with the doctor that referred you to go over the test results.
- If you have any questions, call your doctor, or call the Technician at 613-544-3400 ext. 3633.