

# What is a Videonystagmography (VNG) or Electronystagmography (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
- cold pills
- pain pills
- marijuana
- sleeping pills
- tranquilizers
- dizziness pills
- antihistamines
- alcoholic drinks
- 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 eye makeup or eye creams on.
- Eat a light meal only prior to 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.

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## 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, cool and warm air or water will be directed into each ear.
- You may experience dizziness during this last part of the test but this is a normal reaction and will gradually go away after a few minutes.

## 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.

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