

## **Videonystagmography (VNG)**

A VNG is a recording of your eye movements, represented by several graphs which show how your eye movements compare to the target. It also looks for involuntary movements called nystagmus.

This test frequently makes people dizzy, it is generally short lasting, but it is always a good idea to have someone drive you here and pick you up.

VNG's are performed for many reasons, including:

- Balance dysfunction
- Dizziness
- Vertigo

### **Prior to your test**

- Do not wear any makeup
- Do not eat or drink 2 hours prior to your test.
- We cannot do your test if you have taken any CNS depressants, or others including Serc, Gravol or any medication containing Codeine (such as Tylenol #3) within 24 hours of your test. Please talk to your doctor FIRST if you are unsure what these medications are and regarding discontinuing any medications.
- Please bring contact lens solution if worn as these may need to be removed for testing.

### **During your test**

- The technologist will ask you questions about why you have been referred.
- You will be seated in a chair in front of the stimulator.
- You will be asked to follow a series of lights moving in multiple directions.
- You will then be lying down, wearing a pair of goggles, which have special cameras in them that watch your eyes move.
- You will be placed in different positions as we record your eye movements.
- We will put warm and cold water (or air) in your ears to test your balance system within the inner ear.

### **How long does it take?**

A VNG normally takes about one hour.

### **After your test**

- You may still feel a bit dizzy afterwards, so we recommend you have someone else bring you home.
- The technologist prepares your recording for the interpreting otolaryngologist.
- A report is typed up and distributed to the appropriate physicians.