



ENG/VNG Test with Rotary Chair

For Vertigo (feeling dizzy and lightheaded)

What is this test?

This is a test for your inner ear. It may help find what causes you to feel dizzy and off-balance.

How do I prepare for the test?

Three days (72 hours) before the test:
Stop drinking alcohol.

Two days (48 hours) before the test:

- Stop drinking coffee, decaf coffee, tea, cola or any drinks with caffeine.
- Do not take:
 - allergy or cold medicine
 - sleeping pills or sedatives
 - stimulants (including caffeine)
 - anti-depressants
 - pain or headache medicine (including aspirin)
 - diet pills or amphetamines
 - drugs for dizziness (Antivert, meclizine, Valium or Dramamine).

You may take Tylenol (acetaminophen) or Advil (ibuprofen); medicine for your heart, blood pressure or diabetes; blood-thinners (anti-coagulants); antibiotics and birth control pills.

If you have questions about any drug, please call our office at 612-273-6521.

The day of the test:

- You may have a small meal. You may drink water.
- For 4 hours before the test, do not eat or drink anything that may upset your stomach. Do not eat anything heavy.
- Wear comfortable clothes. Please do not wear a skirt.
- Do not wear lotions or makeup.
- If you need contact lenses to see better, be sure to wear them. Bring your eyeglasses as backup.
- Bring someone to drive you home. This test may make you dizzy or lightheaded. The dizzy feeling usually goes away within 5 to 10 minutes.

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What happens during the test?

You will wear goggles over your eyes. The goggles have small cameras. These record small eye movements as you change position.

If you cannot wear goggles, we may use electrodes (sticky patches placed on your skin) to measure eye movements.

Your test may include one or both of the following:

- We will blow warm and then cool air into each ear. We will ask you to sit, lie down and turn your head. This takes 60 to 90 minutes.
- You will sit in a chair that has a motor. You will wear a headset so you can hear instructions. The room will be dark. The chair will slowly rock back and forth at different speeds. This takes 20 to 30 minutes.

What if I need to change my appointment?

If you cannot keep your appointment, please call 612-273-6521 within 72 hours of your test.

Who should I call if I have questions?

Please call the Outpatient Balance Center at the University of Minnesota Medical Center, Fairview, at 612-273-6521.