



VENG (Video Electronystagmogram)

A VENG is a diagnostic evaluation of your balance and inner ear.

To obtain the most valid, highest quality results from the VENG, and for your comfort and protection, please read and follow these instructions:

1. **DO NOT** take the following medications 48 hours (two days) prior to your VENG:
 - Tranquilizers
 - Antidepressants
 - Sedatives
 - Sleeping pills
 - Dizziness and motion sickness medications (including patches)
 - Cold or flu medication
 - Antihistamines that cause drowsiness
 - Muscle relaxants
 - Diet pills of any kind

Taking any of the above medications 48 hours before the VENG will require us to cancel and reschedule your test, and a \$200 non-compliance rescheduling fee will apply. Please consult with your physician before stopping any medications to ensure it's safe to do so prior to your test.

2. Abstain from all alcohol and caffeine (coffee, tea, soft drinks, energy drinks, etc.) for 48 hours prior to the test.
3. Do NOT wear makeup, especially not eyeliner and mascara, or use facial moisturizers or creams the day of the test.
4. You may eat a light meal three hours prior to the test.