

## VNG INSTRUCTION SHEET

Please read these instructions **at least 72 hours** prior to your VNG. Failure to read this document may cause your appointment to be cancelled or rescheduled.

1. In order to have valid test results, please discontinue the use of the following medications 48 hours prior to testing:
  - Antihistamines (e.g. Claritin, Allegra, Flonase, etc.)
  - Cold or allergy medications (e.g. Benadryl, Advil Sinus, Nyquil, etc.)
  - Sleeping pills/sedatives (e.g. Unisom, Ambien, etc.)
  - Tranquilizers (e.g. Valium)
  - Anti-depressants (Barbituates)
  - Non-prescribed pain medications
  - Anti-dizziness medications (Antivert, Meclizine, Bonine, Dramamine, etc.)
  - Anti-nausea medications (Compazine, Phenergan, etc.)

\*Please consult your physician prior to stopping prescription medications.
2. Please continue the use of essential medications such as those used to treat blood pressure, diabetes and heart conditions. You can contact us prior to your appointment if you have any questions regarding your medications.
3. Do not drink alcohol 48 hours prior to testing.
4. Do not drink caffeine (including certain soft drinks) or use nicotine 24 hours prior to your appointment.
5. Do not wear any make-up, including eyeliner.
6. Wear comfortable, loose clothing to your appointment.
7. Do not use oils and/or hair products the day of the test.
8. You are permitted to have a light breakfast (ie. Small bowl of oatmeal, slice of toast, etc.) at least 2 hours before your test.
9. Since this test may make you dizzy, we recommend that you have someone with you to serve as your driver following your appointment. It is recommended that this person remains in the office during the appointment.

If you have any questions, please feel free to contact us at 804.765.5320. If you have to cancel your appointment for *any* reason, we will need 24 hours notice in order to get you rescheduled.