

## **INSTRUCTIONS FOR VESTIBULAR / AUDITORY EVALUATION**

Your physician has recommended **ABR**, **ECoG**, and **VNG** to help in your diagnosis and treatment. The tests are performed in our Frisco office at 4401 Coit Road, Suite 411.

### **Auditory Brainstem Response (ABR):**

This test evaluates the electrical impulses as they are generated in the inner ear and travel along the nerve through the brainstem in response to sound stimulation. Electrodes will be placed on your face and ears, and earphones will provide clicking sounds as the sound stimulation. You will lie on a comfortable table and be as still and relaxed as possible; falling asleep is even acceptable. This test takes about 15 to 20 minutes.

### **Electrocochleography (ECoG):**

The ECoG is a recording of the electrical potentials of the inner ear (cochlea) in response to sound stimulation. The results of this test are used to assist in the diagnosis of inner ear fluid disorders such as Meniere's Disease and perilymph fistula. You will experience the same conditions as the ABR (above). This test takes about 30 to 45 minutes.

### **Videonystagmography (VNG):**

A VNG is a measurement of your eye movements during different conditions to assess some brain functions and your vestibular system (parts of your inner ears that monitor movement and balance). You will follow a dot of light on the wall with your eyes through different movements, and you will move through different positions like sitting, laying flat, and turning your head to the right and left. Warm and cool air will also be introduced into your ear canals; these tests sometimes induce dizziness but it typically lasts only a few minutes. The test takes about 1 to 1.5 hour.

## **TEST INSTRUCTIONS:**

Do not take the following medications/chemicals for 48 hours prior to the test:

- Dizziness medications (ex. Meclizine, Antivert, Dramamine, Zofran, Phenergan, Scopolamine)
- Antihistamines/Decongestants (ex. Allegra, Xyzal, Zyrtec, Benadryl, Patanase Mucinex D)
- Sedatives/Tranquilizers (ex. Valium, Lortab, Lyrica, Neurontin, Ambien, Cymbalta, sleep aids)
- Anti-depressants/Anti-anxiety (ex. Prozac, Trazodone, Paxil, Wellbutrin, Lexapro, Diazepam, Zoloft, Effexor, Xanax, Ativan, Seroquel)
- Alcohol
- Tobacco

The above medications/chemicals will suppress the necessary responses and a true diagnosis will not be possible. **Other medications, such as those for heart conditions or diabetes, should be taken as usual. Please contact us if you have any questions regarding your current medications.**

- Do not drink any caffeinated beverages (coffee, tea, or soda) for 24 hours prior to testing.
- Eat a light breakfast/lunch on the day of the test.
- Do not wear any eye makeup.
- Wear comfortable clothes and bring a jacket/sweater if you tend to be cold-natured.
- It is advised that you arrange to have someone pick you up or have someone you could contact for pick up if you do not feel well after the evaluation.

After your tests are scheduled, we will check your insurance benefits and inform you of the quote provided. A follow-up appointment with your physician will also be scheduled at a convenient time after tests have been fully analyzed (usually 24-48 hours later).

*Failure to follow pre-testing instructions may result in rescheduling. If testing needs to be interrupted or canceled because pre-test instructions were not closely followed, a \$100 charge may be applied to your account. If testing needs to be canceled or rescheduled by you other than for an emergency, a 72 hour notice is required; failure to do so may result in a \$100 charge to your account.*

**If you have any questions, please contact our office at (972) 731-7654.**