

VNG TEST APPOINTMENT

PATIENT: _____

APPOINTMENT DATE: _____ APPOINTMENT TIME: _____

LOCATION OF THE TEST: _____

Salisbury Office

106 Milford Street, Suite 101, Salisbury, MD 21804

Cambridge Office

6 Aurora Street, Cambridge, MD 21613

Berlin Office

10344 Old Ocean City Boulevard, Suite 205, Berlin, MD 21811

MEDICATION INSTRUCTIONS: PRIOR TO YOUR TEST

1. **Continue to take your medication for long-term conditions**, such as diabetes, high blood pressure, heart-related conditions, seizures or thyroid problems or antibiotics for infections. Do not discontinue your medication for these ongoing conditions. If you have any questions, contact our office at (410) 742-1567.
2. **Stop taking the following medications 48 hours prior to the test:** tranquilizers, sleeping pills, sedatives, anti-dizzy medication or other central nervous systems suppressants. (Examples of these types of medications would include but not be limited to VALIUM®, KLONOPIN®, Ativan®, Phenergan®, meclizine, ANTIVERT®, Dramamine®, BONINE®, scopolamine, BENADRYL®, INAPSINE®, ZOFRAN, robinul, COMPAZINE®, hydroxyzine, cough and cold medications that contain alcohol or cause drowsiness, etc.). If you have any questions, contact our office at (410) 742-1567.
3. Do not drink alcohol for at least **48 hours** prior to the test.
4. If you are taking antidepressants, check with your prescribing physician to ask if you are allowed to discontinue this for **48 hours**. If you are not allowed to do so or are unable to do so, keep taking this medication.

DIETARY INSTRUCTIONS

1. Do not drink any alcohol for at least **48 hours** prior to the test.
2. If the test is in the morning, do not eat breakfast. If the test is in the afternoon, eat breakfast by 10 A.M., but do not eat lunch.

OTHER INSTRUCTIONS

1. Do not wear any makeup at all, especially eye makeup.
2. Bring someone with you to drive you home.
3. Bring the completed "Dizziness Handicap Inventory" with you.
4. Bring your glasses if you need them for seeing at a distance.