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## PREPARATION FOR BALANCE FUNCTION TESTING

Your physician has recommended that testing be performed on your balance system. To ensure that you are adequately prepared, please read the following guidelines.

**\*\* Failure to adhere to these guidelines may result in your tests being re-scheduled.\*\***

### CLOTHING / COSMETICS

- Women are asked to wear pants or shorts. Please do not wear stockings. During one test you will be asked to remove your shoes/socks; this is difficult when wearing stockings.
- Gentlemen are asked to wear comfortable, loose fitting clothing.
- Please refrain from wearing any skin lotions, moisturizing creams, make-up, mascara, etc. as this can interfere with test equipment. Please dry your hair before your appointment.
- Please bring an extra shirt / blouse. During VNG testing, water may leak onto the shoulder area of your clothing. It is a good idea to have an extra shirt available should this occur.

### FOOD

- If your testing is scheduled in the morning, please refrain from eating a heavy breakfast. It is permissible to eat a light breakfast/snack (example: toast, yogurt, fruit).
- If you have an afternoon appointment, please limit yourself to breakfast and a light lunch.
- **Diabetics:** Please notify the office staff so that arrangements can be made.

### MEDICATIONS

- Certain medications and substances are known to negatively influence balance testing. Because of this, we ask that you **REFRAIN FROM THE FOLLOWING 24 HOURS PRIOR TO TESTING:** medications for the control of nausea / dizziness, tranquilizers, sleeping pills, cold remedies, anti-depressants, and alcohol. If you are taking a medication that is not on this list and have any questions or concerns, please call our office nurse at (904) 425-4711. Please refer to the list below for common medications to avoid.

### CONTINUE TO TAKE:

- |                     |                       |                     |
|---------------------|-----------------------|---------------------|
| • Heart Medicine    | • Blood Pressure Meds | • Antibiotics (any) |
| • Diabetes Medicine | • Seizure Medicine    | • Vitamins          |
| • Thyroid Medicine  | • Birth Control Pills | • Diuretic          |

### DO NOT TAKE:

- |                    |             |                   |
|--------------------|-------------|-------------------|
| • Dalman           | • Fiorinal  | • Prozac          |
| • Diazepam         | • Flexeril  | • Seldane         |
| • Dramamine        | • Halcion   | • Transderm Scoop |
| • Elavil           | • Midrin    | • Valium          |
| • Entex (Entex LA) | • Pamelor   | • Xanax           |
| • Feldene          | • Phenergan | • Vontrol         |

## **DESCRIPTION OF COMMONLY PERFORMED BALANCE TESTS**

- Because of your symptoms, a combination of the following tests have been ordered.
- **Average test time is 2.5 - 3 hours, but may be slightly shorter or longer depending on the specific tests ordered.**

### **Computerized Dynamic Posturography (CDP)**

- **Test Time: approximately 30-45 minutes**
- **Test Description:** CDP is a test used to assess postural control. During this test, you will be asked to maintain your balance while standing on a platform that is sensitive to movements.

### **Rotational Chair Testing**

- **Test Time: approximately 45 minutes to 1 hour**
- **Test Description:** Rotational chair testing is a highly specialized test used to determine whether dizziness is originating from the inner ear or brain. During this test, you will sit in a chair that rotates left and right at controlled speeds. Goggles are used to record eye movements that are used in test analysis. In some cases, you will also follow moving lights with your eyes.

### **Videonystagmography (VNG)**

- **Test Time: approximately 1 hour**
- **Test Description:** The VNG test battery evaluates balance function through the recording of eye movements using special goggles. During this test, positional dizziness is examined, and you will follow moving lights with your eyes. In addition, cool and warm water is introduced into the ears to assess the function of each inner ear separately.

### **Vestibular Evoked Myogenic Potential (VEMP)**

- **Test Time: approximately 20-30 minutes**
- **Test Description:** The VEMP is used to determine if the saccule (organ in the inner ear) and its connections are working properly. This test involves the placement of 3 electrodes on the neck and soft foam insert earphones in the ears. During this test, you will look both to the left / right and hold the position for a period of 30 seconds to 1 minute while recordings are made.

If you are unable to keep your appointment for any reason, please call our office as soon as possible. If given advanced notice, we are often able to fill your spot with a patient who is scheduled for testing at a later date.

We look forward to seeing you!