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You have been scheduled for a videonystagmography (VNG). This test is designed to give your physician information about the source of your dizziness or unsteadiness. Some people experience dizziness during the test, however, it is short in duration and by the completion of the test, all signs of dizziness should have subsided. There is no pain experienced during this test.

You will undergo testing and see Dr. Kemper on the same day. Your visit may last 2-2 ½ hours. Please plan your schedule accordingly. You may eat a light breakfast or lunch prior to testing.

**Important note:** If you are taking **any life sustaining drugs or anti-seizure medications, please continue to take them.**

In order to achieve the **best** possible test results, please read and follow these instructions carefully:

1. Remove **ALL** make-up from the **face & eyes. No mascara.**
2. Face should be washed thoroughly. Creams and lotions **should not** be used.
3. **Discontinue** the following medications **48 hours** prior: Allergy pills, tranquilizers, motion sickness pills, sleeping pills, narcotics, diet pills, nerve pills (i.e., Meclizine or Antivert, Valium or Diazepam)
4. **Remove** hard contact lenses before examination.
5. **No alcohol** consumption **48 hours** before testing.
6. **No** coffee, tea or cola after midnight on the day of testing.

Your cooperation in following these instructions is greatly appreciated. Medication(s) can be resumed immediately once the testing is complete.