

ENG INSTRUCTIONS

APPOINTMENT:

You have been scheduled for an electronystagmogram (ENG) on _____
At _____ o'clock. The test will take approximately 90 minutes. A report of the test results will be sent to your physician.

DESCRIPTION:

The ENG uses small polarity changes around the eye to look for particular movements, nystagmus. The direction, speed and timing of the nystagmus are useful in finding the cause of your dizziness. Although some people experience a little dizziness during the test, it is brief, and by test completion, all signs of dizziness have usually subsided. Most patients enjoy the procedure.

PREPARATIONS

MEDICATIONS

Many medications suppress the nystagmus and reduce the accuracy of the testing. Please discontinue taking all but the essential, maintenance type medicines (e.g. medicine for your heart, blood pressure, diabetes, seizure control, etc.) 48 hours prior to your test. If you have questions about whether a medication can be safely discontinued for the ENG please contact the physician who prescribed it or the physician who ordered the ENG. The following medications are particularly disruptive to the ENG test.

- Tranquilizers
- Decongestants
- Diet pills
- Dizziness pills
- Allergy pills
- Sleeping pills
- Pain pills
- Nerve pills
- Antihistamines
- Aspirin

FOOD, DRINK AND SMOKING

- Make the meal just prior to the ENG a small one, e.g. for breakfast have only juice and a piece of toast.
- Please take no alcohol or medications containing alcohol for the 48 hours prior to your ENG. Have no coffee, tea or cola after midnight on the day of the test.
- Please don't smoke within 4 hours of the ENG.

APPAREL

- Wear comfortable clothing, slacks are appropriate for women.
- Removing makeup prior to the test makes preparation a little easier.

Please be prepared to fill out our Dizzy Questionnaire at your appointment. If you would like to take this home prior to your testing, or need assistance in answering any of the questions please let us know. We look forward to spending an enjoyable 90 minutes with you.