

### ENG Instructions

Test Date: \_\_\_\_\_ Time: \_\_\_\_\_ am/pm

- DO NOT TAKE** any of the following **for two days (48 hours)** prior to your balance test:
  - **Antihistamines** (Benadryl, Claritin, Zyrtec, Allegra, any medication with “PM” in the name, i.e., Tylenol PM)
  - **Sleeping Pills** (Ambien, Halcion, Sonata)
  - **Anti-dizziness medications** (Meclizine, Antivert)
  - **Other medications for dizziness** (Valium, Phenergan)
  - **Muscle Relaxers** (Soma, Flexeril)
  - **Tranquilizers** (Valium, Xanax, Effexor)
  - **Sedatives** (Restoril, Versed)
  - **Anti-depressants** (Prozac, Zoloft, Sarafem, Celexa)
  - **Alcohol** (including medications and mouth washes such as Nyquil and Scope)
  - **Caffeine** (Excedrin, coffee, tea, chocolate, colas)
  - **Barbiturates** (Dalmane, Nambutal, Halcion)
  - **Anti-anxiety medications** (Paxil, Zoloft, BuSpar, Wellbutrin, Serezone)
  - **Pain medications** (Oxycontin, Vicodin, Lortab, Tylenor with Codeine)

*Please continue to take medications prescribed for diabetes, blood pressure and thyroid conditions.*

\*If you are taking a drug in any of these categories that is not listed, please discontinue the medication or call Audiology at the number listed to inquire. If any of these medications or substances has been taken in the last 2 days prior to the test, the test **will not** be completed. *Please note: It is your responsibility to comply with these instructions.* If you have any questions regarding any medications you are taking that are not listed above please contact the Audiology department.

- DO NOT EAT** for four (4) hours before the test. This is to prevent you from becoming sick during testing. In rare cases, patient may feel nauseated.
- DO NOT USE ANY FORM OF TOBACCO** the day of the test.
- DRESS COMFORTABLY.** You will be sitting and lying on a table for testing. Skirts and dresses are not recommended.
- DO NOT WEAR EYE MAKEUP OR FOUNDATION** on your forehead or around the eyes. Also, please do not wear earrings.
- WE REQUIRE THAT YOU BRING SOMEONE WITH YOU WHO CAN DRIVE YOU HOME.** You may feel dizzy or tired after the test. If you come unaccompanied the test will not be completed.
- If you wear glasses or contacts, glasses are preferred during testing. Contact lens wearers blink excessively, making test interpretation more difficult.

#### **Information about the ENG test:**

The test uses measures of eye movement to assess your inner ear and other components of the balance system. The test can take about 1 to 2 hours. The first part of the test is a visual task using a light bar. The second part requires you to move from a seated to a supine position to determine if dizziness is related to body position. During the last part of the test, the audiologist will irrigate the ear canals with cool and warm water. All or portions of the test may make you dizzy.

**If you have any questions about the instructions, please call the  
Audiology Department at 210/614-5600 ext. 113.**