

# Videonystagmography (VNG)

## What is this test for?

This test has been ordered by your doctor to test the inner ear that is part of the balance system.

The test measures eye muscle movements, and your doctor can learn a lot about how your inner ear is working from this.

This test may be ordered for any of the following symptoms:

- dizziness
- hearing loss
- pressure or fullness in the ears or head
- off balance
- ringing in the ears ('tinnitus')

## How do I prepare for the test?

### 48 hours before the test:

1. Do not drink any alcohol or use any form of marijuana.
2. If possible, **stop taking these listed medications** as they could affect the results. Discuss with your doctor if you stop taking any medication.
  - allergy pills
  - cold pills
  - pain pills
  - marijuana
  - sleeping pills
  - tranquilizers
  - dizziness pills
  - antihistamines
  - alcoholic drinks
  - anti-nausea pills
3. **Continue to take ALL of your other medications**, unless listed above. If you are unsure, please check with your doctor.

### The day of the test:

- Do not wear eye makeup.
- Eat only a light meal prior to your appointment.
- It's best not to wear contact lenses – wear glasses if you have them.
- The test takes 1 to 1 ½ hours, so plan on being here for about 2 hours.
- You may want to bring someone with you who can drive you home, in case you don't feel up to it. Generally, driving after the test is not a problem.

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Kingston Health  
Sciences Centre  
Centre des sciences de  
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**KGH** Hôpital Général de  
Kingston General  
Hospital

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## What happens during the VNG test?

- You will sit in a reclining chair, facing a screen with a small green light.
- You will be asked to place a pair of goggles over your eyes. They will be adjusted to fit you firmly but comfortably.
- You will watch the green light on the screen while you do a number of different eye movement tests.
- You will then be tested for one minute in each of the following positions:
  - sitting
  - lying on your left side
  - lying flat
  - lying on your right side.
- Warm and cool water, will be directed into each ear.
- You may experience dizziness during this last part of the test but this is a normal response and will go away after a few minutes.

## What happens after the test?

- You should not be left with any side effects. Some people feel dizzy for a short time.
- Please make an appointment with the doctor that referred you for testing to go over the test results.
- If you have any questions, call your doctor, or call the technician at 613-544-3400 ext. 3633.

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