

## Patient Instructions for ENG Testing

### WHAT?

The purpose of electronystagmography (ENG) is to evaluate your balance system.  
(Approx. 1 1/2 hours)

### WHERE?

The testing is performed by an audiologist at Orlando Ear, Nose, and Throat Associates' office, located at 8000 Red Bug Lake Rd., Suite 150, Oviedo, FL.

### PREPARATION?

For 3 days before the test, **REFRAIN FROM:**

1. Alcohol
2. Sleeping Pills or Antidepressants
3. Medication for dizziness (such as Antivert or Meclizine)
4. Narcotics or pain medication of any kind
5. Aspirin or Ibuprofen
6. Medication for colds or allergies (such as Antihistamines)

Following Medications  
are O.K. to continue:

- blood pressure
- thyroid medications
- hormone medications
- birth control pills
- vitamins (non-asprin)
- life-sustaining meds

### The day of the test:

1. Do not eat or drink for 3 hours prior to testing
2. Do not drink any caffeinated beverages or use tobacco products the day of testing
3. Bring eye glasses or hearing aids, if applicable
4. Wear comfortable clothing.
5. Do not wear any make-up or face cream.
6. Do not drink any caffeinated beverages or use tobacco products on the day of testing.

### WHAT TO EXPECT?

Electrodes will be placed on the patient's face to obtain recordings. This test consists of three parts. First, you will be asked to watch a series of lights. Next, you will be asked to turn your head in several different positions. Finally, your ears will be irrigated with warm and cool air. The responses will be recorded by a computer and analyzed by the audiologist. This analysis will be conducted after the patient has left the clinic. Some people experience slight dizziness or unsteadiness during the testing. Therefore, it is suggested that you arrange for someone to drive you home after the testing is completed.

The patient will be scheduled for a follow-up appointment, in about one week, for the test results to be reviewed by the ENT physician.

### QUESTIONS?

If you have any other questions regarding this test, you can speak with an audiologist by calling (407) 971-3337 x 111 (Audiology Department).