

## Electronystagmography (ENG) Information Sheet

### Indication:

Vertigo, dizziness, imbalance, lightheadedness, and unsteadiness are all terms commonly used to describe disorders of balance. For some patients, the dizzy symptoms come in attacks, are associated with a change in head or body position, or may occur randomly with varying duration and severity.

### What is an Electronystagmography (ENG):

An ENG is a balance test that helps identify the cause and/or involved systems (inner ear, central nervous system or visual system) responsible for the experienced dizziness. Additional testing (MRI or physical therapy) may be necessary in conjunction with the ENG to better diagnose or identify cause of dizziness.

### Patient Instructions:

Testing will take approximately 2 hours. Some portions of the test may cause dizziness and/or nausea; therefore, it is recommended that you bring a driver or have someone available to call to ensure your safe transport home. Please follow the instructions as they will assist in obtaining more reliable test results.

**DO NOT DISCONTINUE** taking the following medications: medications for your heart, blood pressure, seizures, SSRIs, tri-cyclic anti-depressants, or Benzodiazepines (if on them for at least 8 weeks). Please inform the audiologist if you take any of the above medications. If you have any questions about your medications, please ask the audiologist prior to testing.

**DO NOT** take the following prescriptions or over-the-counter medications 48 hours prior to testing:

Anti-dizziness medications	Examples: Meclizine, Antivert, Phenergan, Flunarize, Scopolamine, Probanthine, or other dizziness/motion sickness pills, etc.
Muscle Relaxants & Tranquilizers	Examples: Barbiturates, Phenobarbital, Seconal, chloral hydrate, etc.
Sedatives	Examples: sleeping pills, Haldol, etc.
Cold tablets and Antihistamines	Examples: Nyquil, Actifed, Comtrex, Dimetapp, Rondec, Tavist, Benadryl, etc.
Aspirin/Ibuprofen	Examples: Bayer, Excedrin, Motrin, Alleve, Nuprin, Anacin, etc.
Stimulants/Diet Pills	Examples: Dexatrim, Dexedrine, Fastin, Amphetamines, Zephrex, etc.

**Additional Precautions/Instructions:**

- ☐ Avoid alcoholic beverages for 24 hours prior to test.
- ☐ Avoid tobacco products for 12 hours prior to test.
- ☐ Avoid beverages with caffeine (coffee, tea, cokes, etc.) 12 hours before test.
- ☐ If necessary, you may eat a light meal 3 hours prior to the test, but eat sparingly, as the testing may cause nausea and/or dizziness.
- ☐ Women may wish to wear slacks/comfortable clothing for the test. Please do not wear powder, base, liquid foundation or perfume to the test.
- ☐ If you have any questions about the test or instructions listed above, please call the office and ask to speak with the audiologist.

**Contraindications:**

Notify the audiologist if you have a concern or history of seizures, perforated eardrums, head or neck malformations/problems that prevent you from lying in a head-hanging position (e.g., Arnold Chiara malformation), visual problems, vascular problems, etc.

**Insurance:**

If you have insurance, our staff will contact them to verify your benefits. Any charges will be applied to your co-pay and deductible and will be due at your scheduled appointment. If you have any questions regarding how much your insurance will cover please call our office at (806) 791-0188.