

## Vestibular Assessment

**You have been scheduled for a TWO-hour test. Please, if you cannot make the appointment call our office at least 24 hours ahead of time to reschedule.**

Dear Patient:

Thank you for choosing our clinic. Please read and complete all information in this packet prior to your appointment scheduled for \_\_\_\_\_ at \_\_\_\_\_.

You have been scheduled for dizziness or balance testing. The testing will take about two hours. Testing is painless, but you may feel dizzy or nauseated for some time after the appointment. For this reason, we recommend that you arrange for someone to drive you home following your appointment.

Dizziness and balance testing is generally divided into three parts. For all procedures, you will have electrodes taped to your face so we can measure your eye movements. First, you will be asked to watch a series of lights on the wall. Second, you will be asked to move your head and body into several different positions. Finally, we will introduce warm and cool air into your ear canal.

**Please note,** certain medications may change the findings of the examination. We ask that you do not take any nonessential medications for a period of 48 hours before your appointment time, and that you especially avoid the following:

- Any anti-dizzy pills
- Sleeping pills
- Tranquilizers
- Antihistamines
- Narcotics of any kind
- Over-the-counter cold or allergy medications
- Medications that contain any of the above
- Alcoholic beverages

DO NOT discontinue medications for blood pressure control, cardiac or circulatory problems, diabetes or other medications for similar medical disorders. If you have any concerns about medications, please call our office at (502) 584-3573.

Also DO NOT:

- Do not eat or drink anything for a period of three (3) hours before the time of the test.
- Do not drink any caffeinated beverages on the day of the test.
- Do not use any tobacco products on the day of the test.
- Do not wear make-up or face cream the day of the test.

\*\*\*\*\* If you wear contacts, you will need to remove them for this test. \*\*\*\*\*

Again, thank you for choosing Heuser Hearing Institute. If you have any further questions or need additional instructions, please call our clinic at (502) 584-3573.