



## **PATIENT INSTRUCTIONS FOR BALANCE TESTING**

You are scheduled for several tests which will evaluate your inner ear balance system.

In order for the test results to be the most accurate representation of the inner ear function, it is important to avoid specific medications and foods/drinks.

For TWO DAYS prior to your examination, you should not take any of the following:

- ALCOHOL (beer, wine, liquor or mixed drinks)
- CAFFEINE (coffee, tea, soda)
- ANTIHISTAMINES (such as benadryl, claritin, allegra, zyrtec)
- COLD MEDICINE
- NARCOTICS (codeine, percocet, methadone, morphine)
- SEDATIVES OR SLEEPING PILLS (such as trazodone, klonopin, ambien, xanax, unisom)
- PILLS TO PREVENT DIZZINESS (including antivert, dramamine or meclizine)
- ANTI-NAUSEA MEDICATIONS (phenergan, zofran)
- ANTI-DIARRHEA MEDICATION (imodium, pepto-bismol, etc.)

Please DO continue to take any medications that have been prescribed to you by your physician for seizure disorders, heart conditions, high blood pressure, diabetes, or thyroid disease. Continue to take hormones such as estrogen or birth control pills. It is okay to take Tylenol. Always consult with the prescribing physician before discontinuing any prescribed medications.

Do not eat for 2 hours prior to your appointment.

Please do not wear eye makeup such as mascara, eyeliner or eyelash extensions or apply creams or lotions to your face.

Please wear comfortable clothing.

### **About the testing:**

These tests are painless. The test will take between an hour and a half and two hours to complete. One or two of these tests may cause a sensation of motion that may linger. If possible, we recommend you arrange for someone to pick you up following testing. If this is not possible, allow an extra 15-30 minutes after your test before leaving the office.

We will be evaluating the balance sensors in your inner ear. Goggles housing sophisticated cameras will be placed over your eyes and will monitor your eye movements to record nystagmus. Nystagmus is a rapid, involuntary eye movement generated by the balance system. For most tests you will be seated, observing lights. The last portion of testing is called caloric testing. For this portion, you will be lying down and cool/warm air will be introduced to the ear.

A complete report will be sent to your referring physician. If there is a need for balance exercises/rehabilitation beyond what we offer, we will provide the names of some suggested physical therapists.

Please contact the office if you have any further questions or concerns.