



Balance Assessment

The dizziness evaluation will include a comprehensive balance history, and several tests to assess the various mechanisms that help you control balance.

Videonystagmography is one of the core tests we will perform. Recordings of the eyes are made by utilizing special video goggles. The first section of the test evaluates your ability to follow different visual targets with your eyes. The second part of the test evaluates your response to body position changes. The final section of the test evaluates the eye movement that results from irrigating the ears with cold and warm air, which may induce a sensation of movement. The test results help to determine the integrity of your balance system.

Additional testing of other systems that influence your ability to stay balanced will also be performed. You will be given information regarding each of the tests that are needed to evaluate your dizziness, at the time of testing. Total testing time will be approximately two hours.

To complete testing of your balance mechanism, including the inner ear, you will need to stay off of certain medications that can affect the test results. The medications may cause inaccurate test results and they should not be taken for at least 48 hours prior to the test date. The types of medications fall into these categories:

- Tranquilizers
- Sleeping Pills
- Antihistamines
- Barbituates
- Alcoholic beverages
- You should continue to take medications for heart disease, cholesterol control, blood pressure, diabetes, thyroid or hormonal supplements
- Anti- Dizzy medications
- Anti- nausea medications
- Sedatives
- Muscle Relaxants
- Diuretics

***** We also advise that you do not discontinue the use of any of your prescribed medications without first consulting with your physician*****

We recommend that you not smoke or drink caffeinated beverages the day of your appointment. Please only eat lightly for six to eight hours prior to your appointment.

We ask that you **do not** wear makeup, especially **eye makeup and mascara**, which interfere with the recording of your eye movements. We recommend that you wear casual, comfortable clothing. We suggest that you have someone transport you to and from your appointment, since some patients feel slightly dizzy following testing. If that is not possible, we may ask you to wait for a period of time after testing before you leave the clinic.

If you have any questions regarding this information, please call our office at **936-582-7000**.