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INSTRUCTIONS FOR ENG

You have been scheduled for an examination called an ENG or Electronystagmography. It is a method of recording and analyzing eye movements. Because eye movements are closely associated with our balance systems ENG can offer important information about how well the balance system is working. During the examination, electrodes will be placed near the eyes to monitor movements as you follow various targets and are moved into different body positions. For some of the tests you will be seated and for others you will be lying down. The examination takes 3 ½ hours. You are encouraged to have someone accompany you to the test.

Certain types of medication may affect the ENG test results, and, therefore, should not be taken at least 48 hours prior to the test date. A list of these medications is given below:

- ❖ Anti-dizzy pills
- ❖ Sleeping pills
- ❖ Tranquilizers
- ❖ Barbiturates
- ❖ Sedatives
- ❖ Muscle relaxants/Pain Medications
- ❖ If you are on other medications, please call to see if they should be discontinued

No alcoholic beverages

****DO NOT DISCONTINUE THE USE OF ANY PRESCRIBED MEDICATIONS WITHOUT FIRST CONSULTING YOUR PHYSICIAN****

It is also recommended that you do not eat anything 4 hours prior to the exam or drink anything 2 hours prior to the test. No caffeine on the day of the test. Do not wear make-up, creams, lotions or moisturizers on your face.