

# ELECTRONYSTAGMOGRAPHY

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

1. Sleeping pills
2. Tranquilizers
3. Antihistamines
4. Barbiturates
5. Alcoholic beverages
6. Anti-dizzy drugs
7. Sedatives
8. Muscle relaxants
9. Diuretics
10. If you are on other medications, please call to see if they should be stopped.

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

It is also recommended that you do not eat, smoke or drink caffeinated beverages 3 to 4 hours before your test appointment.

The ENG evaluation is a procedure that requires approximately 1 to 1.5 hours to administer. Electrodes will be placed around your eyes to record their movement during the examination. The test is divided into three portions: The first section evaluates your ability to follow different types of visual "targets" with your eyes. The second section evaluates your eye movement behavior in response to changes in head and body position. In the third and final section, your ears will be irrigated with cool and warm water that may induce a sensation of movement. The records from these tests will be used to determine the integrity of the inner ear balance system.

Do not wear any makeup. Casual, comfortable clothing is recommended. Contact lenses should not be worn.

If you have any questions regarding this information or about scheduling your appointment, please call our office at (703) 536-1666.