PENG / VNG / ENG – Photo, Video or Electronystagmography

PREPARATION FOR YOUR TEST

1. Two days prior to the test, do not consume any of the following:
   - Anti-dizziness medications such as Meclizine, Antivert or Valium.
   - Sleeping pills, nerve pills, sedatives, hypnotics or mind-altering drugs.
   - Alcoholic beverages. Antihistamine medications.
2. Four hours prior to the test, avoid caffeine or tobacco.
3. Cardiac, blood pressure, diabetic or seizure medications should be taken as normal.
4. May eat a light meal prior to test.
5. Patient must be awake and alert (no sedation prior to the test).
6. No eye or facial makeup.
7. Patient should have clean ears (no ear wax).
8. No contact lenses. Please bring your glasses.
9. Bring a list of current medications.
10. Bring someone to drive you home. OK for family member or friend to be in room.
11. Slacks and button tops are preferred to dresses.
12. May resume normal activities within an hour of test completion.

Thank you for choosing Boone Hospital for your healthcare needs. For more information on the services we provide, visit us at www.boone.org.