



Electronystagmography (ENG) Patient Preparation

An ENG test has been scheduled for you. This is a test commonly administered to dizzy patients and is used to evaluate your inner ear balance system. At the test, you will wear special goggles that will record your eye movements through a series of tasks. The test is not painful but you may feel a dizzy sensation for a short period of time during the testing. Test time is 1-1 ½ hours. There are several things that you can do to help your ENG test go smoothly.

1. You should not eat or drink anything for a period of 4 hours before the test. If you are diabetic or hypoglycemic, then please eat a light snack instead of skipping a meal.
2. You should not consume any alcoholic beverages 24 hour before the test.
3. You should not drink caffeinated beverages or use tobacco on the day of the test.
4. You should not wear eye make-up to the test.
5. Certain medications may influence the result of the exam. We ask that you do not take any non-essential medications for a period of 48 hours before your appointment time and that you avoid the following:

1. Aminoglycoside Antibiotics: Streptomycin; Gentamicin
2. Anticonvulsants: Dilantin (phenytoin), Tegretol (carbamazepine)
3. Antidepressants: Tricyclics (e.g. Elavil), Phenothiazines (e.g. Pamelor), Others (e.g. Prozac),
4. Lithium
5. Antihistamines: Benadryl, Claritin, Allegra, Zyrtec, Clarinex, over the counter cold remedies.
6. Chemotherapeutic Anti-Cancer agents (e.g. Cisplatin)
7. Diuretics: Lasix, Ethacrynic Acid
8. Haldol (Haloperidol)
9. Industrial Solvents: Xylene, Trichloroethylene
10. Marijuana
11. Methadone
12. Quinine
13. Salicylates: Aspirin (acetylsalicylic acid)
14. Stimulants: Amphetamine
15. Sedatives: barbiturates (e.g. Phenobarbital, Seconal), chloral hydrate
16. Tranquilizers: Benzodiazepines (e.g. Valium, Ativan, Xanax)
17. Vestibular Suppressants: Meclizine, Benadryl, Scopolamine, Phenergen, Fluarize

If you are concerned about whether or not you should stop taking your medications(s), please call our office prior to your appointment to discuss this with a physician, or speak with the prescribing doctor about possible ill effects of stopping the medication(s) for 48 hours.

6. As you may feel dizzy during or after the test, you may want someone to accompany you to drive you home after your appointment.

There are few available time slots for this test. Please notify us immediately if you are unable to keep your appointment.

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