

PRE-VNG INSTRUCTIONS

At **East Texas Sinus and Dizziness Center** we may perform testing on all systems that maintain your equilibrium. The testing will take 30 minutes to an hour. If for any reason you are unable to keep your appointment, please call the office at **903-212-4399** to let us as soon as possible.

You may experience some dizziness during the testing so it is recommended you bring someone with you to drive you to and from the clinic the day of your testing. Dr. Morton and the staff may check your ears to rule out any obstruction prior to testing because this could alter test results.

Make sure to remove hearing devices as well.

Dress comfortably. Wear shoes easy to remove. **REMOVE ANY EYE MAKEUP.**

Certain medications can suppress portions of the systems that regulate your equilibrium and therefore alter test results and make diagnosis more difficult. For this reason, it is best to discontinue any **non-essential** medications 48 hours prior to your appointment. It is equally important you **do not stop any essential medications** without first consulting with your doctor or Dr. Morton. Please contact our office for any questions concerning your medications or any of these instructions

Some medications it is most important to discontinue before your testing include but is not limited to:

“Inner ear” or “dizzy” medications - these include Meclizine, Dramamine, Phenergan or Scopolamine.

Antihistamines – these include medications used for colds and allergies such as Benadryl, Chlor-tabs, Zyrtec, cough and cold preparations, etc.

Aspirin – if you take this for your heart or circulation do not stop this, otherwise discontinue this 48 hours before your appointment.

Sleeping pills – these will most always alter testing results, but some are not safe to stop if you have been on them for an extended period of time. Call if you are not sure.

Sedatives and tranquilizers – Valium, Xanax, Ativan, Clonazepam, etc. Again, these will always alter testing but are not safe to stop if you have been on these for an extended period.

Pain medications – Codeine, Hydrocodone, Tramadol, etc. Again, do not discontinue without consulting with your prescribing physician.

Muscle relaxers – Flexeril, Soma, Robaxin, etc. Same precautions as pain medications.

Caffeine

Diuretics – these may alter testing, but do not discontinue if being used to control blood pressure or if being used for your heart without consulting your prescribing physician.

Herbal remedies – Gingko, Valerian, St. John’s Wort, etc.

Any medications that contain combinations of the above.

Call for any questions about these instructions or other questions you may have concerning your appointment: **903-212-4399**.