



Preparation for ENG Testing

Your appointment is scheduled on _____ at _____.

An Electronystagmograph (ENG) test is used to help determine the cause of your dizziness/vertigo. The test involves wearing goggles and following a light with your eyes, putting you in different positions, irrigating your ears with warm and cold water.

We would like to ensure the most accurate test results possible, and in helping us do that the following are recommendations for the day of testing:

- Wear shorts or pants for testing.
- Refrain from wearing any skin lotions, moisturizing creams, **make-up, mascara**, etc. on your face the day of testing.
- Eat **very light** two hours before testing.
- Due to possible dizziness felt after the test, please arrange for someone else to drive you home after testing.

Certain substances influence the body's response to the test. Therefore, for 48 hours prior to testing, please do the following:

Do Not Take:

Sleeping pills
Antihistamines
Cough medicine
Pain medicine
Muscle relaxing medications
Anti-dizzy medicine (i.e. meclazine, anti-vert)
Alcoholic beverages
Anti-depressant
Tranquilizers
Diuretics
Sedatives

OK to Take:

Heart medicine
Blood pressure pills
Any life supporting medicines

If you have any questions about the procedure, please do not hesitate to contact us.

Tejas Ear, Nose and Throat, P.A. requires at least 24 hours notice for canceling ENG's and dizziness testing. There will be a charge of \$100 for no shows or not giving 24 hours notice before canceling.