

BALANCE AND DIZZINESS TESTING (VNG/ENG and/or CALORIC)

Balance testing consists of a number of tests that help determine if there is something wrong with the vestibular (balance) portion of the inner ear. These tests can help isolate dizziness symptoms to a specific cause that can often be treated.

There are four main parts to this test designed to stimulate your balance system in different ways and help; (1) *evaluate rapid and involuntary eye movement*; (2) *evaluate movement of the eyes as they follow visual target*; (3) *measure dizziness associated with positions of the head*, and; (4) *measure responses to warm and cold water/air circulated through a small, soft tube in the ear canal*.

TEST INSTRUCTIONS

In order to achieve accurate test results, you must follow these instructions:

- 1. You must visit your GP within 3 days of testing to have any wax removed from your ears. Any wax in the ears AND THE TEST CANNOT BE PERFORMED**
- 2. Definitely NO make up including mascara to be worn as interferes with test results**
3. NO alcohol at all must be taken for at least 48 hours before the test
4. NO smoking for 24 hours before the test
5. NO medications/drugs for dizziness e.g., Stemetil, Serc, Ancolan, Torecan, Marzine or any of the antihistamines may be take for at least 4 days before the test
6. NO sleeping tablets e.g., Barbiturates, Valium, Serepax, Mogadon etc for at least 4 days before the test
- 7. Medications for heart, blood pressure, respiration, epilepsy should be continued**
8. Please do not put make-up on the day of testing as we will have to remove it before testing
9. Only have a light meal before the test

Balance testing will take approximately 1 ½ hours. If full hearing and balance tests have been ordered by your doctor, please allow 2 ½ hours in total.

To book this test please call Attune on **1800 195 155** for you nearest clinic.