PATIENT PREPARATION FOR ELECTRONYSTAGMOGRAPHY (ENG) TEST

Your appointment is on ________________________ at ________________________ AM/PM

An Electronystagmogram (ENG) is a test for your inner ear balance system. It is a simple and painless procedure requiring about 1 ½ hours and will leave no ill effects. However, the testing equipment is extremely sensitive and certain medications will cause an inaccurate result. **It is very important that none of the following medications be taken for 48 hours before the examination, however be sure to consult your physician to verify the discontinuation of any medication:**

- Antihistamines
- Tranquilizers
- Allergy Pills
- Barbiturates
- Cold Pills
- Sleeping Pills
- Dizziness Pills
- Pain Pills

**EXCEPTIONS:**

- Heart Pills
- Insulin
- Thyroid Medication
- Blood Pressure Pills
- Vitamins
- Birth Control Pills
- Seizure Medication for Epilepsy

*NO alcoholic beverages 24 hours before.
*NO coffee or tea 12 hours before testing session.
*NO make-up should be worn on morning of testing; this will be removed at the clinic if worn.
* It is recommended that you skip a meal prior to your appointment (breakfast or lunch).

Dress comfortably. Ladies should wear slacks.

If you have any questions about these medications, please contact our office: 402-463-2431.
Your cooperation with the above recommendations will be appreciated. Test results can be affected if preparation procedures are not followed.