

## Patient Instructions for ENG Evaluation

You have been referred to the University of North Texas Speech and Hearing Center for an ENG (electronystagmography) appointment. This test will help the physician evaluate your dizziness.

During the test you will be asked to sit up, lie down, and move your head in several positions. Your ears will also be irrigated with water to stimulate the inner ear. Since the test is specifically designed to evaluate dizziness, you may experience dizziness during part of the test procedure. In most instances this is not overly severe nor does it last for a long period of time.

In order for us to get the most accurate results, it is **very important** that you follow the instructions below.

1. If you wear contact lenses, **do not** wear them on the day of the test. You may wear your prescription eyeglasses. If you only have contact lenses, then you may wear them, but you will have to remove them during a portion of the test.
2. **Do not** wear makeup or use lotions or creams on your face.
3. **Do not** eat any solid food within the **4 hours** prior to the test.
4. **Do not** drink coffee, tea, soft drinks containing caffeine, or any other beverage containing caffeine after midnight the night before your test.
5. **Do not** consume any alcoholic beverages (including wine or beer) for **2 days** prior to your test.
6. **Discontinue** all medications **48 hours** prior to the test, **except** medication for heart disease, blood pressure, diabetes, seizures, cancer treatment, birth control (estrogen and progesterone may also be continued), or any other medication where regular use is critical to medication effectiveness or is critical to your survival.

A list of some common medications that need to be discontinued 48 hours prior to the test is provided on page two of these instructions.

**IMPORTANT:** You must tell the audiologist of any medication you have taken within the 48 hours prior to the test.

7. Wear comfortable clothes and shoes to the test.
8. **MANDATORY:** Someone who can drive you home must accompany you on the day of the test. This is a precautionary measure in the event you experience dizziness for more than a few minutes following the test.

If you have questions concerning these instructions or any other aspect of your appointment with us, please contact one of our courteous staff members at 940-565-2262, or the physician who referred you.

**If you cannot keep your scheduled appointment, please cancel 24 hours in advance.**

**If you have any questions regarding your medications, please contact the physician who referred you for ENG testing.**

Below is a list of some common medications that may obscure the results of an ENG evaluation. These medications should not be taken 48 hours prior to testing, unless directed by the physician who referred you.

**Antihistamines**

Actifed  
Benedryl  
Bromofed PD  
Chlortrimeton  
Claritin  
Contac  
Dimetap  
Disophorol  
Rynatan  
Singlet  
Tavist-D  
Teldrin  
Triaminic

**Antinausea**

Antivert  
Bonine  
Compazine  
Dramamine  
Meclazine  
Thoazine  
Tigan  
Vontrol

**Narcotics/Barbituates**

Codeine  
Demerol  
Dilaudid  
Percodan  
Phanaphen  
Phenobarbital  
Tylox

**Sedatives**

Butisol  
Dalmane  
Doridan  
Librium  
Nembutal  
Seconal  
Tranxene  
Valium  
Vistaril