

Vestibular/Balance Testing (ENG)

Extensive balance testing and evaluation may be required to determine the cause of dizziness or unsteadiness.

Please discontinue medications listed below **three days** prior to your balance testing appointment.

- Alcoholic beverages; anti-dizzy pills; sleeping pills; narcotics of any kind; tranquilizers; over-the-counter cold or allergy medications; antihistamines; medications which contain any of the above.

Please wear loose-fitting, comfortable clothing during the test,

Please refrain from:

- Food and tobacco for four hours before the test
- Wearing any eye makeup

Testing will include some or all of the following:

- Following with your eyes various stationary or moving lights.
- Placing you in various head and body positions to see if those maneuvers make you dizzy.
- Passing warm and cool air through a small tube placed in your ears.
- A variety of eye, head, and body movements will be recorded during these procedures.