



COLORADO
HEARING SPECIALISTS, INC.

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Appointment Day: _____ Date: _____ Time: _____

BALANCE TEST INSTRUCTIONS

You are scheduled for an Electronystagmography (ENG) evaluation. This test involves the attachment of electrodes adjacent to each eye and on the forehead. Test procedures require you to look at a variety of spots, swinging pendulums, and a rotating drum. In addition, we will place your head and body in several positions, thus, you may want to wear comfortable clothing. The final aspect of the test involves placing a very small balloon in your ear canal which stimulates your inner ear, and will possibly cause some dizziness. The dizziness usually lasts only a few minutes. There is no pain involved in any of the above procedures. The evaluation will take approximately 1 to 1½ hours.

Since certain medications can affect the results of these tests, it will be necessary for you to **AVOID** taking any of the following medications or beverages for at least 24 hours prior to your appointment time:

1. Sleeping Pills
2. Tranquilizers
3. Antihistamines
4. Barbiturates
5. Alcoholic Beverages
6. Anti-dizzy Medications – (48 hours)
7. Sedatives
8. Muscle Relaxants

Eat a very light meal if your appointment is one after eating (i.e. avoid toast, and heavy/greasy foods).

No more than one cup of coffee or tea 4 hours before test.

No smoking 4 hours before test.

Female patients should not wear make-up, and would be more comfortable in slacks.

If you have any questions, or need to cancel, please call the office location where your test is scheduled at the above phone numbers. **If you need to cancel your appointment, please notify us at least 24 hours in advance.**