

ADVANCED EAR, NOSE & THROAT CARE, P.C.

107 NEWTOWN RD, DANBURY CT 06810 (203) 830-4700

BALANCE TEST INSTRUCTIONS

An appointment has been made for you to have a test of your balance mechanism.

Please note that due to extensive time allowed for the testing, we need to have 24 hours notice if you are canceling or a \$75.00 fee will be added to your account.

PLEASE ARRIVE FOR TEST WITH NO FACE OR EYE MAKEUP!!!

NO EATING, NO SMOKING & NO COFFEE OR OTHER LIQUIDS FOR 2 HOURS BEFORE YOUR TEST. NO ALCOHOLIC BEVERAGES FOR 48 HOURS BEFORE YOUR TEST.

Certain medicines often affect the results of this test. In order to prevent this from happening, it is necessary for you NOT to take any of the following medicines or beverages.

BELOW IS A PARTIAL LIST OF DRUGS THAT ARE NOT TO BE TAKEN 96 HOURS PRIOR TO TESTING. PLEASE CONTACT YOUR PHYSICIAN WITH ANY RELATED QUESTIONS.

SLEEPING PILL

AMBIEN RESTORIL
DALMANE SONATA
HALCION TRAZADONE
LUNESTA

TRANZUILIZERS/SEDATIVES

ATIVAN SONATA
BUSPAR VALIUM
CYMBALTA WELLBUTRIN
KLONOPIN XANAX
LIBRIUM ZOLOFT

ANTI HISTAMINES/ALLERGY MEDICATIONS

ALLEGRA DIMETAPP
BENADRYL NYQUIL
CHLORTRIMETON SUDAFED
CLARINEX ZYRTEC
CLARITIN

ANTI-DIZZY

ANTIVERT MECLIZINE
BONINE SCOPOLAMINE
COMPAZINE VALIUM
DRAMAMINE

MUSCLE RELAXANTS

CYCLOBENZAPRINE ROBAXIN
FLEXERIL SOMA
NORFLEX VALIUM

STIMULANTS

ADDERAL
CONCERTA
RITALIN

NARCOTICS

CODEINE/PERCOCET/PERCODAN

ALL OVER-THE-COUNTER SINUS/COLD REMEDIES

The following medications should not be used for **4 days prior** to your test:
(These medications cannot be stopped suddenly otherwise you can get seriously ill.
You must tell your doctor if you are taking any of these medications.)

XANAX BUSPAR VALIUM SONATA KLONOPIN ATIVAN LIBRIUM

Description of Testing to be done during this test

Wear your eyeglasses and not your contacts. Dress comfortably.

_____ V/ENG (Videonystagmography / Electronystagmography)

V/ENG is an evaluation of the balance function of the ears. We are able to maintain our balance when the ears and eyes give us complementary information about our environment as we move about. Often, dizziness, imbalance or vertigo can happen when the brain receives differing information from the ears and the eyes. The V/ENG allows us to evaluate the balance center of the ears through recording of the eye movements. This is done with the use of a small camera, enabling us to record eye movement. There are three parts to this evaluation.

1. In the first part, you will watch and follow a series of lights in both horizontal and vertical directions.
2. In the second part, eye movements are recorded with your ears, head & neck in different positions.
3. Finally, the balance centers are stimulated by creating a small temperature change in the ears. This is done by water irrigation, using a little cool water and a little warm water. The temperature change causes a response within the ears, giving us a resulting eye movement that we record.

The V/ENG takes about an hour to complete.

_____ BSER (Brainstem Evoked Response)

Information from the ear (hearing or balance centers) travels from the ear to the brain by the auditory nerve. The BSER allows us to check the integrity of the nerve function. Sounds are presented to each ear through small earphones, and a recording is made of the brainwave response. Brainwaves are detected by using four small leads. You will not need to respond in any manner, but simply relax with your eyes closed.

_____ ECOG (Electrocochleography)

The cochlea is the inner ear, where the hearing nerves are located. ECOG allows us to look at the function of these nerves. Similar to the BSER, recordings are made of the responses to sound, but the sounds are created differently, and we are looking at a very specific part of the response. We use four leads for the recording, including the forehead and crown of the head, but the leads to the ears are coupled to the small earphones placed at the entrance of the ear canals.

The ECOG and BSER are ordered together, and they take about 40 minutes total.

_____ OAE (Otoacoustic Emissions)

OAE's are another form of test that evaluates the function of the inner ear nerves. A small earplug is placed at the entrance to the ear canal, and calibrated sounds are produced. The inner ear itself produces its own sounds in response, which can change based on its health, and are picked up by a very sensitive microphone. It is done as a pre-test to the other diagnostic tests, taking less than 5 minutes.

Please allow 5 business days for results to be analyzed, reviewed and reported to you.

MICHAEL BARD, MD; DOV BLOCH, MD; JAY KLARSFELD, MD; DANIELLE WARNER, MD; JAMES BATTI, MD;
NAOMI STEINFELD, PA-C; DONNA HAUPT, PA-C
JOCELYN DORE, AuD; JENELL DOUGLAS, AuD; MELISSA TATTON-LEV, AuD;
JENNIFER DONATH, AuD; WENDY WALLACH-DELUCIA, MS