

# Ear, Nose and Throat Physicians of North Mississippi

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## BALANCE TESTING PROTOCOL

Your doctor has recommended further testing to evaluate your dizziness. These tests may last approximately 1½ to 2 hours in addition to the doctor visit. For these tests, electrodes will be taped to your forehead area and goggles worn that detect eye movement. The tests are not painful, but you may feel dizzy for some time afterwards, so we suggest that you arrange for someone to drive you home.

### PLEASE NOTE:

Certain medications may affect the test results, so we ask that you NOT take any non-essential medications for a period of 3 days prior to your appointment.

### THE FOLLOWING SHOULD BE AVOIDED:

- Alcoholic beverages (wine, beer, whiskey, scotch, etc)
- Sleeping pills (e.g. Ambien, Tylenol PM, etc)
- Tranquilizers
- Antihistamines
- Anti-dizzy pills (i.e. Antivert, Meclizine)
- Narcotics of any kind
- Over-the-counter cold or allergy medications OR cough syrup
- Medications which CONTAIN any of the above

### SPECIAL INSTRUCTIONS:

- Do not eat or drink anything for a period of 3 hours before the time of the test.
- Do not drink any caffeinated beverages or use tobacco on the day of the test.
- Do not wear make up (face or eyes), face cream, colognes, perfumes or aftershave on the day of the test.

If you have any questions about medications or testing procedures, please call the Audiology Department at the number above.