

## 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 30 minutes to 2 hours depending on the test battery administered. For these tests, electrodes may be placed on your forehead, neck, and chest and/or goggles will be worn that detect eye movement. Do not wear any makeup and please wear appropriate clothing, i.e. no turtlenecks or high necked shirts. The tests are not painful, but you may feel dizzy for some time afterward, so we suggest that you arrange for someone to drive you home.

#### THE FOLLOWING SHOULD BE AVOIDED:

- \* **Alcoholic beverages (wine, beer, whiskey, scotch, etc.)**
- \* **Anti-dizzy pills (Antivert, Meclizine)**

#### SPECIAL INSTRUCTIONS:

- \* **Do not eat or drink anything heavy for a period of 3 hours before the time of your test. A light meal such as toast is fine for patients with blood-sugar issues.**
- \* **Do not drink any caffeinated beverages or use tobacco 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. Please complete the Dizziness Questionnaire and bring it with you to the appointment.

**\*Due to the scheduling demands of this testing, if you arrive more than 15 minutes late, your testing and follow-up visit with the physician will be rescheduled. Also, if you are unable to keep your appointment for ANY reason, please contact us to cancel as we have a waiting list of other patients who need an earlier appointment time.**