

Thank you for your interest in our vestibular evaluation. This testing is done in two appointments. The first appointment is a 1-hour hearing assessment, and the second appointment will be a 2-hour dizziness evaluation.

**Hearing Assessment** This is a comprehensive study of the auditory system. Because the balance organ and the hearing organ are the same, a lot of clues about your vestibular system can be appreciated by testing your hearing.

**The hearing test is done at the first appointment and does not require any of the preparation steps listed below.**

**VNG Testing** Videonystagmography (VNG) is used to evaluate patients with dizziness, vertigo, or balance dysfunction. The inner ear and eyes movements are connected through the vestibulo-ocular reflex. The vestibular system monitors the position and movements of the head in order to stabilize retinal images on the eye. In this test, eye movements are recorded and give information about the central and peripheral balance system.

**vHIT Testing** This is an instrumented test which is performed to test for a reduction in vestibular function on one side over another. This is done with abrupt movements of the head to test the vestibulo-ocular reflex.

Because this is a test that isn't covered by OHIP, we want to get a good and reliable result for you and your doctor. Thus, you must avoid taking the following medications for 48 hours prior to your **second appointment**, the dizziness evaluation. Failure to do so will force us to rebook your testing and delay your results to your doctor.

- Allergy pills
- Tranquilizers or sleeping pills (Valium, Librium, Xanax, etc.)
- Sedatives (all sleeping pills or tranquilizers)
- Decongestants/Antihistamines (Benadryl, Sudafed, Dimetapp, Chlortrimeton, Seldane)
- Pain pills
- Diet pills
- Nerve/muscle relaxant pills (Robaxin, Valium)
- Dizziness pills (Antivert, Meclizine, Bonine, Gravol, Serc or Beta-Histine, ear patches, etc.)
- Aspirin or aspirin substitutes (Tylenol, etc.)
- Narcotics/Barbiturates (Codeine, Demerol, Percodan, Phenobarbital, antidepressants)

**Additional Instructions** It is expected that you fill in all the paperwork in its entirety before arriving at the office. **Please arrive with a clean face, no makeup and no hair products.** Oil and makeup will disturb the recordings of your eye movements. Remove contact lenses before the examination (bring your eyeglasses). **No food or drink 4 hours before the test.** No coffee, tea, or cola after midnight on the day of the test. No alcoholic beverages/liquid medication containing alcohol 48 hours before the test. Discontinue all medication for 48 hours prior to the test, except "maintenance" medications for your heart, blood pressure, diabetes, or seizures, and any medications deemed by your physician to be necessary. Please consult your physician with any questions.

This dizziness evaluation takes about 2 hours to complete. For this reason, if you miss or no-show for your appointment, we will not rebook under any circumstances. Your respect for our professionals' time is imperative. Please note that some dizziness is normal with vestibular testing and typically is of short duration. It is advised to bring someone to the appointment to drive you home. **The cost of the testing is \$575**, and this may be covered by your private insurance. If you need to know about your insurance prior to the appointment, please take the time to check.

If you have had trouble with ear wax impaction in the past, please see your physician one week prior to remove excessive wax. If your ear drum is not visible at the time of your appointment, there is a charge for wax removal by our audiologist (\$125). It is also helpful if you bring a list of the medications you take regularly, or even the medications themselves. Medications can be resumed immediately following the testing procedures.

**All testing is completed at 1311 Ouellette Avenue, Windsor. Phone: (519) 838-7600. Email: windsor@youhear.ca**