



EARS IN BALANCE, INC.

EARS IN BALANCE, INC
18451. West 12 Mile Road Suite 201
Lathrup Village, MI 48076

Dear Patient,

You are scheduled for a series of hearing and balance tests which require us to block time for the Audiologist. Please call us 24 hours prior to testing if you are unable to make the appointment, so we may offer that slot to another patient.

In the event you fail to show up for the appointment, there will be a charge of \$50.00 for a no show.

Please make every attempt to keep the appointment as it is for your wellbeing, and it will help us take further better care of you. Should you have any questions, please call 248.900.EARS (3277)

Thank you,

Ears in Balance Team



Videonystagmography (VNG) Test

Videonystagmography (VNG) is a test that measures a type of involuntary eye movement called nystagmus. These movements can be slow or fast, steady, or jerky.

Your Physician may require a VNG test if you have symptoms of a vestibular disorder. The main symptom is dizziness, a general term for different symptoms of imbalance. These include vertigo, a feeling that you or your surroundings are spinning, staggering while walking, and lightheadedness, a feeling like you are going to faint.

Other symptoms of a vestibular disorder include:

Nystagmus (involuntary eye movements that go side to side or up and down)
Ringing in the ears (tinnitus)
Feeling of fullness or pressure in the ear
Confusion

An extensive evaluation is required at times to determine the cause of the above symptoms. The tests necessary to diagnose your problem have been determined by your doctor at the time of examination and may include detailed hearing and balance tests. The object of this evaluation is to be certain that you have a disorder of the inner ear. An abnormal result may also mean you have a condition that affects the parts of the brain that helps control your balance. This lays the groundwork for effective medical or surgical treatment by your doctor.

The **Videonystagmography (VNG)** test is the electronic recording of Nystagmus (eye jerks). During a VNG test, you will sit in a semi dark room and wear special goggles. The goggles have a camera that records eye movements. There are three main parts to a VNG:

- **Ocular testing.** During this part of the VNG, you will watch and follow moving and nonmoving dots on a light bar.
- **Positional testing.** During this part, your provider will move your head and body in different positions. Your provider will check if this movement causes nystagmus.
- **Caloric testing.** During this part, warm and cool water or air will be put in each ear. When cold water or air enters the inner ear, it should cause nystagmus. The eyes should then move away from the cold water in that ear and slowly back. When warm water or air is put in the ear, the eyes should move slowly toward that ear and slowly back. If the eyes don't respond in these ways, it may mean there is damage to the nerves of the inner ear. Your provider will also check to see if one ear responds differently from the other. If one ear is damaged, the response will be weaker than the other, or there may be no response at all.



Welcome to EARS IN BALANCE

Ears In Balance is a multi-specialty center which provides Audiology Services, high quality Hearing Aids customized to patient hearing loss and provide evaluation and treatment of dizziness and balance disorders. We are affiliated to the American Institute of Balance whose therapy programs are used by physicians, audiologists, and therapists worldwide. We strive to provide consistent, high-quality, evidence-based care in balance health to all our patient

What to Expect at your Appointment?

Your visit will include a variety of simple but technically advanced tests using computers and highly specialized equipment not available in most medical centers. There will be no pins or needle sticks. Your appointment will last 60 – 90 minutes.

Prior to each test an explanation will be given so that you will have a better understanding of what is being tested and why. We make every attempt to make your visit comfortable as well as educational.

We will be sure to discuss the results whenever possible and send all results to your referring physician.

DOs and DON'Ts

In order to obtain accurate results, we ask that you please review the following instructions carefully:

1. Do bring your Photo ID, Insurance Card and List of Medications.
2. Do not wear any makeup, including mascara, eye liner, or face lotions. These products might interfere with the recordings. Please dress comfortably.
3. Do not drink alcoholic beverages for 48 hours before the test.
4. Certain medications can influence the body's response to the test, thus giving a false or misleading result. If possible, please refrain from taking the following medications for 48 hours prior to your appointment. Anti-vertigo medicines: Anti-vert, Ru-vert, or Meclizine; Anti-nausea medicine: Atarax, Dramamine, Compazine, Antiver, Bucladin Phenergan, Thorazine, Scopalomine, Transdermal.
5. Vital medications SHOULD NOT be stopped. Continue to take medications for heart, blood pressure, thyroid, anticoagulants, birth control, antidepressants, and diabetes. If you are unsure about discontinuing a particular medication, please call your physician to determine if it is medically safe for you to be without them for 48 hours.
6. Eat lightly the day of your appointment. If your appointment is in the morning, you may have a light breakfast such as toast and juice. If your appointment is in the afternoon, eat a light breakfast and have a light snack for lunch.
7. Testing may cause a sensation of motion that may linger. If possible, we encourage you to have someone accompany you to and from the appointment. However, if this is not possible, try to plan your day to include an extra 15 to 30 minutes after your test before leaving the office