



**Orlando Ear, Nose & Throat Associates, P.A.**

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**Ear, Nose & Throat**

*Head & Neck Surgery, Facial Plastic Surgery, ENT Allergy, Hearing Aids*  
**Patient Instructions for ENG Testing**

**What is this Test?**

The purpose of electronystagmography (ENG) is to evaluate your balance system and parts of your central nervous system.

**Where is the Test completed?**

The testing is performed by an Audiologist at Orlando, Ear, Nose and Throat offices located in Orlando and Oviedo.

Orlando: 5830 Lake Underhill Road (407) 658-1335 Oviedo: 8000 Red Bug Lake Road (407) 971-3337 ext 311

**What preparations are needed?**

**These medications are O.K. to continue:**

***For 3 DAYS before the test, REFRAIN FROM:***

(Even on the day of testing).

- |   |                                |
|---|--------------------------------|
| 1. Alcohol  | 1. Blood pressure              |
| 2. Sleeping Pills or Antidepressants                            | 2. Thyroid Medications         |
| 3. Medications for dizziness (such as Antivert or Meclizine)    | 3. Hormone Medications         |
| 4. Narcotics or pain medication of any kind                     | 4. Birth Control Pills         |
| 5. Aspirin or Ibuprofen (small aspirin for blood pressure o.k.) | 5. Vitamins                    |
| 6. Medications for colds or allergies (such as Antihistamines)  | 6. Life-sustaining medications |

**On THE DAY of the Test:**

1. Do not eat or drink (even water) for 3 hours prior to testing.
2. Do not drink any beverages with caffeine (coffee, cola, tea, etc.) or use tobacco (nicotine) products the day of testing
3. Bring eye glasses and/or hearing aids, if applicable
4. Wear comfortable clothing
5. Do not wear any make-up or face cream

**What should I expect during testing?**

Electrodes will be placed on the patient's face to obtain recordings. The test consists of three parts. First, you will be asked to watch a series of lights on a wall. Next, you will be asked to turn your head in several different positions sitting up and laying down. Finally, your ears will be irrigated with warm and cool water or air. The responses will be recorded by a computer and analyzed by the Audiologist. This analysis will be conducted after the patient has left the clinic. Some people experience slight dizziness or unsteadiness during the testing; therefore, it is suggested that you arrange for someone to drive you home after the testing is completed, if possible. You may also want to bring something small to eat after the testing and any medications you needed to skip for the morning or day. The ENG testing should take about 1 hour and 15 minutes.

**What if I have further QUESTIONS?**

If you have any other questions regarding this test, you can speak with an audiologist by calling the Orlando (407) 658-1335 or Oviedo (407) 971-3337 ext.311 offices.