



***Passaic Sleep Medicine  
& Neurological Services, PC***

**VIDEO NYSTAGMOGRAPHY (VNG)  
Vestibular Testing**

Your doctor has requested vestibular testing for dizziness. The test is to differentiate whether the source of dizziness is from the inner ear or brain. It is most useful in leading to recommendations regarding treatment.

The test takes about 45 minutes. Goggles are placed over the eyes. In the first round of testing, one eye is uncovered so that you can follow certain targets on a computer screen while an infrared camera inside the goggles records the movements of the covered eye. In the second round of the tests both eyes are covered. You will be asked to sit and to lie in different positions with your eyes open in the dark. You may experience some dizziness. In the third round while the goggles still cover both eyes, cool air and then warm air gently run into each ear.

**IMPORTANT INSTRUCTIONS**

Please do not wear any makeup. Make sure your face is clean and free of any lotions or creams.

If you wear contact lenses, come prepared to remove them.

Do not have any alcohol, tranquilizers, sleeping pills, other antihistamines, or other medication for the control of dizziness for 48 hours prior to the test.

After testing you will be able to reinsert your contacts and apply makeup.

Please make sure ears are free of wax build up.

Please call our office 24 hours in advance if you need to cancel your test.

