

# ADVANTAGE

## Therapy Centers

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### When you have been scheduled for an ENG evaluation...

Your physician has requested that you receive an evaluation because of your dizziness or balance problem. This evaluation is called electronystagmography, or ENG. This handout will help you to understand what to expect during the evaluation and how to prepare for your appointment. Please read this handout completely at least three days before your appointment. Portions of this handout include instructions that you will need to follow before your appointment. If these instructions are not followed your appointment will need to be rescheduled.

### The ENG Evaluation

The evaluation consists of four parts. During the evaluation, your examiner will guide you through the process, but this section will help you to know what to expect and what tests will be performed.

#### 1) Vestibular autorotation test (also called VAT)

This tests your ability to focus on a fixed point while moving your head. You will shake your head back and forth rapidly while looking at a point directly in front of you. This test relates to the mechanisms that stabilize our gaze on an object while we are in motion.

#### 2) Visual tracking tests

These sequences of tests assess brain functions that allow you to follow a moving target or stare at a fixed point for a length of time. These tests are designed to provide information to your physician about any problems or weaknesses that may originate from the brain or brainstem.

#### 3) Positional tests

This series places you in various positions to see if you become dizzy because of a particular orientation or movement. These tests can identify problems arising from the inner ear or brain.

#### 4) Caloric irrigation

This test uses warm and cool air to slightly change the temperature of each ear and cause a specific type of dizziness that is analyzed for certain patterns. This is one test where you will become dizzy as a normal part of the test. The dizziness lasts less than two minutes, and then goes away. This test provides valuable information about the function of the inner ears.

### Pre-Test Instructions

The following instructions should be followed closely. If any of these instructions are not followed, you may need to be rescheduled for another appointment and you may be charged for an office visit. If you are unable to meet the requirements of any of these instructions, please contact your physician's office immediately.

- Do not consume alcoholic beverages for 24 hours prior to your appointment
- Do not consume caffeinated beverages for 12 hours prior to your appointment
- If you are taking medications for dizziness, you have probably been instructed to stop taking them prior to your appointment. Follow your physician's instructions closely.
- Do not wear makeup to your appointment, as the examiner may have to scrub extra hard to prepare your skin for the electrodes. Additional preparation may cause irritation.
- If your appointment is in the morning, eat no more than a light breakfast. If in the afternoon, eat a normal breakfast and a light or no lunch. We want you to come to your appointment with your stomach neither empty nor very full.
- Get plenty of rest before your appointment. If you are tired, test results will be weak.
- Have someone drive you to your appointment.