



VISUAL NYSTAGMOGRAPHY(VNG)

PLEASE READ THIS INFORMATION BEFORE YOUR VNG APPOINTMENT

You have been referred by the ENT Doctor for a test of your balance. The test will take approximately 2 hours. Your appointment is at the West Middlesex Hospital, report to the Audiology and Hearing Aid Reception, East Wing 1st Floor. Please ensure your mobile phone is switched off before this appointment. If you wish to bring a family member/ friend to this appointment please feel free to do so. If you need an Interpreter do contact us and this can be arranged. Also if you require transport do let us know and this can be arranged.

The test is carried out by qualified Audiologists, who are registered with The Registration Council for Clinical Physiologists. We are a training site for student Audiologists through The Middlesex University and University College London (UCL). On occasions you may see a student under supervision of an Audiologist. If you wish a student audiologist not to be present please contact us.

When you arrive for your appointment, the Audiologist will go through your completed questionnaire which is included in this letter. A pressure test will be carried out of your ears to ensure that your eardrums are normal. This is a simple test and will not cause any discomfort. If there is a problem with this test the VNG will not be carried out, and an appointment will be made for you to see the ENT doctor.

The VNG test is divided into three parts. The Doctor does not always request all three parts of the test. For the tests a set of goggles is placed over your eyes. These goggles have cameras in them to record your eye movements, you will also be asked to lie down on a bed, throughout the three parts of the test. It is important that you keep your eyes opened during the test. The test is carried out in darkness. The reason for this is that if you are dizzy you will focus on an item to stop the dizziness, if the room is in darkness you are not able to do this, therefore allowing the cameras to record your eye movement.

1. ***EYE TRACKING:*** This is the first part of the test. The room will be in darkness and you will be requested to follow lights on a light bar. It is important in this part of the test, that you track the moving lights, with your eyes and do not move your head.
2. ***POSITIONAL TESTING:*** Again the room will be in darkness. You will be moved into various positions on the bed. E.g. you will be brought into the lying down position from the sitting up position.
3. ***CALORIC TESTING:*** This part of the test takes the longest time. This is where we irrigate your ears with water which creates a dizzy spell. Your body is at a constant temperature of 37 degrees centigrade. We initially irrigate water into one of your ears at 30 degrees centigrade which is 7 degrees below your body's temperature. We irrigate your ear canal for 30 seconds. During this time you may start to feel dizzy, the dizziness will last only for a few minutes; it will give the sensation of being on a merry-go-round. Again you will be in darkness and we will request that you keep your eyes open so that the cameras can record your eye movements. We then repeat in your other ear. We then increase the temperature of the water to 44 degrees centigrade and repeat the procedure on both ears. You may feel that the water is very warm, but it is 7 degrees centigrade over your body temperature and gives an illusion of being very warm. You have a short rest between each irrigation, so that your ears have recovered before we start the next side.



PREPAIRING FOR THE VNG

Please follow these instructions:

- Do not take anti-dizziness tablets or sedatives for at least 48 hours beforehand. You must continue to take essential medications. If you are not sure about this, please contact your doctor.
- Do not eat or drink tea/coffee for four hours before the test.
- Do not drink alcohol for 24 hours beforehand.
- It is not wise to drive a car/operate machinery immediately after the test.
- If possible please refrain from wearing eye make-up as this can interfere with recording eye movements.

AFTER THE VNG

At the end of the appointment you will be asked if you have a follow up ENT appointment to obtain the results of the test, if you have not an appointment one will be arranged for you.

We do request that you take things easy after the test, it is best if you do not drive or operate machinery.

If you have any queries do not hesitate to contact us.

Telephone 020 8321 5681

Email audiology.department.wmuh@chelwest.nhs.uk