



VNG TEST

VNG (videonystagmography). An inner ear test that takes about 60 minutes to complete. It is based on involuntary eye movement called nystagmus. During the test you will wear video goggles that allow the examiner to observe and measure eye movements associated with an inner ear & brain mechanism which control balance. Part of the test involves gently blowing different temperatures of air in your ears, which is designed to cause brief dizziness.

Performed in Fremont location ONLY – 3155 Kearney St. Suite #100

NO: Anti-dizzy or anti-nausea medications 48 hrs prior

NO: Eating 2 hours prior (unless diabetic)

NO: EYE MAKEUP OR FALSE EYELASHES

NO: Alcohol or illicit drug use 48 hrs prior

NO: Sleeping medication 48 hrs prior (melatonin ok)

Remove: Contact lenses before test

Continue: All life sustaining medications