

Electronystagmography (ENG) /Videonystagmography (VNG)

Assessment of Balance and Dizziness

Electronystagmography (ENG) /Videonystagmography (VNG)

Electronystagmography (ENG) and Videonystagmography (VNG) are methods of examining that portion of the inner ear (vestibular system) which governs the sense of balance or equilibrium. Generally, both procedures consist of several distinct parts including oculomotor tasks, positional tests, and caloric tests. ENG/VNG is performed upon a physician's referral only.

Preparation for ENG/VNG generally involves not eating for about four hours before the test and not taking medications for balance for at least one day prior to the test.

The difference between ENG and VNG lies in the manner in which eye movements are recorded. In ENG, electrodes are placed on the head near the outer portions of the eyes. Another electrode is placed just above the bridge of the nose, In VNG the patient is fitted with a mask-like device which records eye movements using small video cameras.