

PREPARATION FOR BALANCE TESTING

Your physician has recommended that testing be performed on your balance system. Please read and follow the guidelines in preparation for your testing.

Your appointment is scheduled on _____ at _____.

Women are asked to wear pants or shorts for testing. Gentlemen are asked to wear loose fitting clothes for comfort during testing.

Please refrain from wearing any skin lotions, moisturizing creams, makeup, mascara etc., on your face the day of the testing.

Certain substances influence the body's response to the tests, therefore, for the **48 HOURS PRIOR TO TESTING REFRAIN FROM THE FOLLOWING:** *MEDICATIONS FOR THE CONTROL OF NAUSEA OR DIZZINESS, ALCOHOL, TRANQUILIZERS, SLEEPING PILLS, COLD REMEDIES, ASPIRIN, TYLENOL, ETC. PLEASE REFER TO THE ATTACHED SHEET FOR SPECIFIC MEDICATIONS.* If you are taking a medication that is not on this list and have any question, please call our office.

BALANCE TEST PROCEDURES INCLUDE SOME OR ALL OF THE FOLLOWING:

- A) Visual observation of various stationary or moving lights or stripes.
- B) Placement of the patient in various head and body positions to determine if such maneuvers create dizziness.
- C) Stimulating the balance system of the inner ears by placing small balloons into the ears and inflating them with cool and warm water.

A variety of eye, head, and body movements are recorded during these procedures. The devices used to measure these movements (surface skin electrodes, etc.) are neither dangerous nor painful.

MOST COMMONLY ASKED QUESTIONS REGARDING BALANCE TESTING

1. What does this testing look at?

Balance testing evaluates parts of the body that help maintain balance, including the brain, central nervous system, visual input, proprioception and the inner ear function.

2. Will the test hurt? Will it make me dizzy?

Your balance testing will not be painful. Since we are evaluating the balance system, portions of the testing may cause you to experience dizziness. Dizziness produced during balance testing is usually not severe and does not usually last an extended period of time.

3. Will I be able to drive after I am finished with my testing?

Patients usually have no difficulty driving after testing. If you are extremely dizzy, or question your ability to drive, please have someone come with you who will be able to drive in the event you are unable.

4. Why must I stay off certain medications prior to my testing?

Certain medications may affect the results of the testing and should therefore be avoided for at least 48 hours prior to your testing. All forms of alcohol should be avoided for the same period of time. Under certain conditions, the doctor may allow certain medicines up to 24 hours prior to testing, but this may compromise the results.

5. Why am I having several different tests run on my balance system?

Each test performed provides a piece to a puzzle. There are several different portions to the balance system. Some portions test the inner ear/eye reflexes and others test the inner ear/spinal reflexes. Usually, several tests are necessary to correctly diagnose a problem.

6. How long will the testing take?

The length of your testing will depend on which examination the doctor is requesting you have run. Testing can take anywhere from 30 minutes to 1? hours total.

7. What are the results of my balance testing?

Patients often ask for test results as testing is being performed. Your testing must be completed in full prior to reaching a conclusion as to your results. Test results are unavailable during testing procedures.

8. May family members be present during my testing?

Family members are not allowed in testing rooms while patients are being tested. The only exception to this will be one parent present while a child is being tested. Your cooperation is appreciated.

If you have any questions regarding your testing, please contact our office. We will be happy to help you.

The following is a guideline for taking medications prior to Vestibular (Balance) testing. It is necessary to avoid certain medications 48 hours prior to testing to produce accurate test results.

DON'T TAKE

Sleeping pills
Aspirin, Tylenol
Antihistamines
Cough medicine
Alcoholic beverages
Pain medication
Muscle relaxers

DO TAKE

Heart medicine
Diabetes medicine
Thyroid medicine
Blood pressure medicine
Seizure medicine
Birth control pills
Any antibiotic
Vitamins
Diuretics

COMMON MEDICATIONS TO AVOID

Antivert	Hismanal
Bonine	Meclizine
Dalmane	Midrin
Diazepam	Pamelor
Dramamine	Phenergan
Elavil	Prozac
Entex	Seldane
Entex LA	Transderm Scop (patch)
Feldene	Valium
Entex LA	Transderm Scop (patch)
Fiorinal	Xanax
Entex LA	Vontrol
Halcion	

*You are allowed to eat prior to the test, but we suggest you eat light.