



Hudson Valley

AUDIOLOGY CENTER

Dizziness/Balance Evaluation Patient Instructions

You are scheduled for a test of your balance system. There are a few things you should know prior to your appointment.

Medications:

Certain medications affect the test results. Below is a partial list of medications that should not be taken for 48 hours prior to the test. Ask your doctor if you have concerns about discontinuing your medications.

- **Alcohol** – beer, wine, liquor, cough medicine
- **Analgesics/Narcotics** – Codeine, Demerol, Phenaphen, Tylenol with Codeine, Percocet, Darvocet
- **Anti-histamines** – Chlor-trimeton, Disophrol, Benadryl, Teldrin, Hismanol, Claritin, Allegra, Zyrtec, nearly all over-the-counter allergy or cold medicines
- **Anti-vertigo** – Antivert, Meclizine, Ru-vert
- **Anti-nausea** – Atarax, Dramamine, Compazine, Antivert, Bucladin, Phenergan, Thorazine, Scopalamine, nearly all motion sickness patches or medications
- **Sedatives** – Halcion, Restoril, Nembutal, Seconal, Dalmane, or any sleeping pills
- **Tranquilizers** – Librium, Atarax, Vistaril, Serax, Ativa, Librax, Tranxene, Xanax

You may take blood pressure medications, heart medications, thyroid medications, Tylenol, insulin and estrogen. Always consult with your doctor before discontinuing any prescribed medications.

Other limitations:

- NO caffeine (coffee, soda, tea, etc.) for 4 HOURS before the test
- NO smoking for 4 HOURS before the test
- NO eating for 2 HOURS before the test

For your comfort and convenience:

- Dress comfortably. Women should avoid wearing skirts/dresses as part of the test requires lying down.
- Do not wear any eye makeup – some tests require goggles that track eye movements.
- Do not wear contact lenses that day. Wear your glasses instead.

About the testing:

A comprehensive battery of testing will be performed during the **approximately 2-hour appointment** allocated for you. Prior to each test, an explanation will be given so that you will better understand what is being tested and why. One or two of the tests may cause a sensation of motion that may linger. If possible, **we encourage you to have someone with you for driving** purposes. If this is not possible, plan to stay an extra 15 to 30 minutes after your test before leaving the office. Once your testing is completed, each part is carefully analyzed and reviewed. This process is as important as your testing, so please understand that **your test results will not be discussed in detail with you until a few days after your visit**. Following the interpretation of the testing, you will receive a phone call from the audiologist to review your results. A detailed report will also be sent to your referring physician regarding our conclusions and recommendations. Please contact our office if you have any further questions or concerns. We are looking forward to your visit.