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Ear Nose Throat

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Adult & Pediatric Otolaryngology
Head & Neck Surgery
Facial Plastic Surgery
Comprehensive Sinus & Allergy
Audiology & Hearing Aid Services

ELECTRONYSTAMOGRAPHY (ENG)

You will be returning for a test of your inner ear balance organ. This test will be done in our office and will take approximately one hour to perform.

This test will help your physician find the cause of your dizziness or unsteadiness. During the test, you will be lying down in a comfortable position. Goggles will be worn and a recording made of your balance system response.

There are three phases to this test. During the first phase, we will have to track a light as it moves across a screen. The second phase of the test involves placing your head and body in different positions and recording your balance system response. The final part of the test involves alternately placing small amounts of warm and cool air into your ear canals. This will stimulate your balance organ in each ear. In some instances, this stimulation will cause you to become dizzy. Your response is recorded and each ear compared. This information is then presented to your physician.

*Certain medications affect the results of this test. It is important that if you are taking any of the medications listed below, that you **STOP TAKING THEM FOR A PERIOD OF THREE (3) DAYS (72 HOURS) PRIOR TO YOUR EVALUATION.** These medications include:*

1. Sleeping Pills
2. Tranquilizers
3. Antihistamines
4. Barbiturates
5. Sedatives
6. Muscle Relaxants
- *** 7. Anti-dizzy pills ***

NO ALCOHOLIC BEVERAGES FOR 72 HOURS BEFORE THE TEST.

NO SMOKING FOR 4 HOURS BEFORE THE TEST

You may continue other medications that your doctor wishes you to take regularly. If you are in doubt, please contact the doctor who prescribed the medicine and ask if the medication can be stopped for 48 hours. If there are other questions, please call us.

Please dress comfortably. No make-up, especially no mascara.

Your appointment is for _____, at _____.