NEUROLOGY GROUP of BERGEN COUNTY

Video Nystagmography (VNG) Vestibular Testing

Vestibular testing is a test that is done to determine whether the source of dizziness is from the inner ear or brain. It is most useful in leading to recommendations regarding treatment.

The test takes about 45-60 minutes. Goggles are placed over the eyes. In the first round of testing, one eye is uncovered so that you can follow certain targets on a computer screen while an infrared camera inside the goggles records the movements of the covered eye. In the second round of tests both eyes are covered. You will be asked to sit and to lie in different positions with your eyes open in the dark. You may experience some dizziness. In the third round while the goggles are still covering both eyes; cool air and then warm air is gently run into each ear.

The results of the test are analyzed by a computer and then interpreted by a neurologist with specialized training. The interpreted results are then sent to your physician to be combined with the results of your history, neurological examination and other tests to arrive at a proper diagnosis and treatment plan.

IMPORTANT INSTRUCTIONS

- Please do not wear any makeup on the day of the test. Make sure your face is clean and free of any lotions or creams.
- Please do not wear any eye makeup, specifically eyeliner and mascara 48 hours prior to test.
- If you have permanent eye makeup "tattoo", please contact the office immediately.
- If you have loss of vision in one or both eyes, or any type of visual problems, please contact the office immediately. Please ask to speak with one of the technicians.
- If you have an implanted lens in your right eye from cataract surgery, please contact the office immediately.
- If you wear contact lenses; come prepared to remove them.
- Do not have any alcohol, tranquilizers, sleeping pills, other antihistamines, or other medication for the control of dizziness for 48 hours prior to the test.
- After testing you will be able to reinsert your contacts and apply makeup.

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