



### **ENG PATIENT INFORMATION SHEET:**

The ENG test is an evaluation of your balance function. The test will take one to one and a half hours. Goggles will be placed over your eyes and your eye movements will be measured throughout the test.

#### **DO NOT:**

- ❑ Wear any eye makeup, especially mascara and eyeliner (you will be required to remove eye makeup if you wear it to the test site)
- ❑ Take any medications for the control of dizziness 48 hours prior to test. These restricted medications include Meclizine and Antivert.
- ❑ Take antihistamines, allergy medication, or ANY painkillers other than Tylenol. These medications may also influence balance.
- ❑ Consume alcohol for 48 hours prior to test.
- ❑ Consume caffeine at least 24 hours before test (48 hours is preferable but 24 hours is required)
- ❑ Take diuretics (Call the office if you are on any diuretics. An audiologist will want to speak with you)
- ❑ Eat a heavy meal prior to testing. If your test is first thing in the morning, you may eat a VERY light breakfast such as toast and orange juice. If your test is in the late morning or afternoon, eat a regular breakfast but nothing after that. Diabetics may still need to maintain regular eating schedule.

#### **DO:**

- ❑ Continue to take any medications for the maintenance of diabetes, asthma, high or low blood pressure, heart conditions, or any infection requiring antibiotics. If you have any questions about your daily medications, please call the office a few days before your test to get these questions answered.
- ❑ Wear comfortable clothing
- ❑ Have someone accompany you to the testing center in the event that you feel unsteady after the test is completed.