



You have been scheduled for ENG testing on

_____ at _____ at our **LAWTON** office.

What To Expect During Your Testing

The **Electronystagmography (ENG)** tests a portion of the balance system as it relates to your inner ear and central nervous system. Electrodes will be placed on your forehead and around your eyes. During the test, you will participate in three subtests:

- 1) (10-15 minutes) You will follow a red light with your eyes while your head stays still. Sometimes your eyes will be open and other times they will be closed. While your eyes are open, the dot will be in different positions; sometimes remaining still and other times moving around.
- 2) (10-15 minutes) You will be moved into different positions on your back and on your side with your eyes open and closed.
- 3) (20 minutes) With your eyes closed, water will be put in your ear canal for 30 seconds. After the water stops, you will keep your eyes closed and perform simple naming tasks to keep your mind busy for approximately 45 seconds. During this time you may feel slightly dizzy. You will then open your eyes and any dizziness that you may have felt will go away within 5-10 seconds.

Total testing time for ENG may last from 1 to 1 ½ hours.

ENG Instructions:

- 1) Do not consume nicotine or any caffeinated beverage (coffee, tea, soda) two hours prior to testing.
- 2) Do not eat within 2 hours before the test. You may eat a light meal (i.e. juice and toast) if you are diabetic.
- 3) Do not consume alcoholic beverages at least 48 hours prior to testing.
- 4) Do not apply facial make-up or lotion. Lipstick and mascara are allowed.
- 5) Wear comfortable clothing (no dresses, skirts, or high heels).
- 6) Do not wear contact lenses – instead use your eyeglasses.
- 7) Notify your audiologist if you have a history of problems with your back or eyes.
- 8) It's recommended that you have someone available to drive you home following this testing.
- 9) **Some medications (such as antidepressants, sleeping, and pain medications) can affect your test results. Consult your physician or PA to determine if you should discontinue taking any medications 2 days prior to your ENG test.**

Please give us at least **48 hours notice** if you are unable to keep this appointment. **We reserve the right to charge a no show fee if prior notification is not given.** This time is extremely important to allow other patients with similar symptoms an opportunity to be scheduled in your reserved appointment time.

If you have any questions about these tests, please contact our Audiology Department at (580) 536-8844

ENG MEDICATION LIST

The following medications (and their generic versions) listed below may invalidate ENG results. It is best to have the patient discontinue them at least 48 hours prior to evaluation if authorized by their prescribing physician.

Ambien	Lortab	Rozerem
Antivert	Lunesta	Serzone
Ativan	Luvox	Sonata
Benadryl	Lyrica	Sudafed
Celexa	Meclizine	Tegretol
Codeine	Methadone	Temazepam
Claritin	Morphine	Transderm Scop. Patch
Cymbalta	Neurontin	Trazodone
Darvocet	Oxycodone	Tylenol 3 (w/codeine)
Dimetapp	Percocet	Tylox
Effexor	Paxil	Valium (Diazepam)
Elavil (Amitriptyline)	Prestiq	Wellbutrin
Flexeril	Prosom	Xanax
Halcoin (Triazolam)	Provigil	Zoloft
Hydrocodone (Vicodin)	Prozac	Zyban
Klonopin	Remeron	Zyrtec
Lexapro	Restoril	