

Indiana Center for Balance

The Indiana Center for Balance is a specialized Clinic designed to diagnose and treat patients with dizziness, vertigo, or imbalance. The Indiana Center for Balance utilizes the most updated techniques and testing equipment in patient care. You are receiving this instruction sheet because Dr. Sanders has recommended that you undergo a videonystagmogram, a test that utilizes monitoring of your eye movements under certain conditions to diagnose abnormalities within your “balance” system, including your inner ears and your brain. Please follow the instructions below in preparing for your visit.

1. 24 hours prior to your visit, please discontinue or limit as much as possible the following as these substances may impact your test results:

Antivert	meclizine	Benadryl	Claritin	Zyrtec
Dalmane	Hismanal	Halcion	Robinul	Allegra
Seldane	Valium	diazepam	Xanax	coffee
tea	cola	chocolate	alcohol	

DO NOT discontinue medications for heart disease, high blood pressure, diabetes, or epilepsy. If you have any questions regarding this, please call.

2. Do not wear makeup the day of your test, as you will be wearing goggles over your eyes and mascara may cause erroneous data, leading to difficulty obtaining a diagnosis.
3. Do not eat or drink anything 4 hours prior to your test. This does NOT apply to patients who are diabetic and need regular intake of food to avoid fluctuations in their blood sugar levels.
4. Do not smoke the day of your test.
5. As the test may make you dizzier for a short period of time, please bring a driver with you, so that you may return home safely following your testing.
6. If you are known to have earwax build up, please have your ears cleaned prior to testing.

Because the videonystagmogram requires a considerable amount of time, there is a \$50.00 cancellation charge if you do not notify the Indiana Center for Balance at least 48 hours in advance. The office number is (765) 807-7100 and toll-free (877) 334-6622.