

VESTIBULAR TESTING INSTRUCTIONS

The Vestibular/Balance tests should **NOT** be postponed because the patient is dizzy.

1. **On the day of the test:**
 - Do not consume anything with caffeine (coffee, chocolate, some carbonated beverages)
 - Please wear slacks or shorts rather than a dress or skirt.
 - Please do not use make-up or skin oils, **especially around your eyes and on the eye lids – please NO eye shadow or mascara.**

2. **Four hours before the test:**
 - Please do not smoke
 - Do not eat or drink
 - **If you are diabetic, please eat as you usually do.**

3. **24 hours before the test:**
 - Do not consume alcohol.
 - Do not take dizziness, nausea or motion sickness medications (see example list with exception instructions below).
 - Do not take antihistamines
 - Do not take sleep aid medication the night before testing

4. **MEDICATIONS NOT TO BE STOPPED:**
 - Heart and Blood Pressure medicines
 - Seizure medications
 - Anti-depressants
 - Prescription pain or headache medications for ongoing conditions
 - Anti-anxiety agents (see possible exceptions below).
 - Any medication for diabetes

5. **Examples of common medications NOT to take before your balance test with exception instructions:**
 - Alprazolam (**Xanax**) - **unless used continuously for the last 8 weeks**
 - Clonazepam (**Klonopin**) – **unless used continuously for the last 8 weeks**
 - Diphenhydramine (**Benedryl, Sominex, other Antihistamines**)
 - Diazepam (**Valium**) - **unless used continuously for the last 8 weeks**
 - Flurazepam (**Dalmane**) - **unless used continuously for the last 8 weeks**
 - Triazolam (**Halcion**) - **unless used continuously for the last 8 weeks**
 - Lorazepam (**Ativan**) - **unless used continuously for the last 8 weeks**
 - Meclizine (**Antivert, Bonine**) – **unless required for nausea control for the car trip to the clinic**
 - Prochlorperazine (**Compazine, Contrazine**) – **unless required for nausea control for the car trip to the clinic**
 - Promethazine (**Phenergan, Prothazine**) – **unless required for nausea control for the car trip to the clinic**
 - Scopolamine (**Transderm Scop Patch**) – **unless used continuously for over 6 days**
 - Terfenadine (**Seldane, Contac Allergy Formula, other Antihistamines**)

If you have any question regarding stopping your medications please contact our office.