

The Ear Institute of Texas, P.A.

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Your physician has recommended that testing be performed on your vestibular system. Please read and follow these guidelines in preparation for your testing.

Your appointment is scheduled on _____ at _____.
(Day) (Time)

*****ALL TESTING PERFORMED IN OUR OFFICE IS OR MAY BE SUBJECT TO YOUR DEDUCTIBLE.**

You may check with your insurance company if you have any questions regarding your coverage.

CANCELLATION: Because a significant amount of time with our staff and physician has been reserved for your scheduled testing, we request that you notify us as soon as possible if you need to cancel or reschedule. Due to the resources allotted for your testing, you will be charged a **\$75.00 cancellation fee if you do not provide cancellation notice at least two business days prior to your appointment; or, if you elect to cancel the testing up to and including the time of your scheduled appointment.**

I have been informed of the cancellation policy: (Initials) _____

PREPARATION FOR VESTIBULAR TESTING

- Please wear loose fitting clothing for your comfort during testing.
- Please refrain from wearing any skin lotions, moisturizing creams, makeup, mascara etc., on your face the day of the testing. You will be required to cleanse your face prior to testing if any of these are present.
- Some patients may experience dizziness following the testing, so you should have a driver with you.
- You may eat prior to the test, however it is recommended that you eat a light meal only.
- **For 48-hours prior to testing** please do not take or consume any of the following:
Caffeine - Alcoholic beverages - Aspirin - Tylenol - Tranquilizers - Cold Remedies
Sleeping Pills/Sleep Aids - Medications for the control of nausea or dizziness

Please call the office if you have questions about any medications you are taking.

- **If you are unable to stop taking any medications you are now on please notify our staff.**

VESTIBULAR TEST PROCEDURES INCLUDE SOME OR ALL OF THE FOLLOWING:

- Visual observation of various stationary or moving lights or stripes.
- Placement of the patient in various head and body positions to determine if such maneuvers create dizziness.
- Stimulating the balance system of the inner ears by irrigating with cool and warm water through the outer ear canals.

A variety of eye, head, and body movements are recorded during these procedures. The devices used to measure these movements (surface skin electrodes, video goggles, etc.) are neither dangerous nor painful. Depending upon the physician's order, the tests may last as long as an hour and a half.

It is necessary to avoid certain substances (medications and beverages) 48-HOURS prior to testing. Consumption of certain medications/beverages prior to testing may produce inaccurate test results.

DO NOT TAKE/CONSUME

Sleeping pills
Aspirin, Tylenol (and similar)
Antihistamines
Cough medicine
Alcoholic beverages
Pain medication (Including over-the-counter)
Muscle relaxers
Caffeine

YOU MAY TAKE

Heart medicine
Diabetes medicine
Thyroid medicine
Blood pressure medicine
Seizure medicine
Birth control pills
Any antibiotic
Vitamins
Diuretics

COMMON MEDICATIONS TO AVOID PRIOR TO TESTING

Please call the office if you have any questions about medications or are unable to stop taking any medication you are now on.

Antivert	Hismanal
Bonine	Meclizine
Dalmane	Midrin
Diazepam	Pamelor
Diphenidol	Phenergan
Dramamine	Prozac
Elavil	Seldane
Entex	Transderm Scop (patch)
Entex LA	Valium
Feldene	Xanax
Fiorinal	Vontrol
Flexeril	
Halcion	

The potential for changes in the heart rate and blood pressure during vestibular testing exists. If you suffer from cardiac active disease, please check with your cardiologist prior to the testing.

You are allowed to eat prior to the test, but we suggest you eat lightly.