



Tampa Bay ENT

Adult and Pediatric Ear, Nose and Throat • Facial Plastic Surgery

Vestibular Testing

Videonystagmography (VNG) test is designed to evaluate the balance portion of your inner ear which is known as your vestibular system. These evaluations will help to determine the cause of the dizziness you are experiencing. With the information obtained from these tests we will be able to decipher if your symptoms are being caused by the vestibular system or another cause.

The day of your test

Discontinue any anti-vertigo medicines 48 hours prior to your scheduled test. Please do not wear any eye makeup as it interferes with the recording of test results and try to eat a light breakfast. The entire test battery will take approximately one hour. Initially, a hearing test (if not performed at initial evaluation) and an evaluation of your postural movements will be completed. These two tests will be correlated with the VNG results.

The VNG test is performed by watching movements of the eye called nystagmus. A pair of goggles will be placed over your eyes (similar to swim goggles) and your eye movements will be recorded by cameras inside the goggles. Measurements will be made as you follow a moving light, lay in different positions, and lying down and sitting up quickly. By watching the eye movements to these different tasks we will be able to analyze the balance portion of your inner ear.

In the final portion of the VNG test warm and cool air will be put in each ear. The air will last for 60 seconds. Some patients feel dizzy for a couple of minutes after the VNG test is completed. Most patients recover within five minutes afterwards and are able to drive home with no concerns. If you are concerned about driving afterwards please make arrangements for someone to drive you home.

After the test

Immediately after the test the audiologist will give you a brief synopsis of your test results. You will then follow-up with your physician within one week. At this time they will make any additional recommendations as well as answer any questions you may have.

If you have any questions regarding the VNG test please contact Dr. Decelles at (813) 879-8045.