



# Vestibular and Equilibrium New Patient Instructions and Information

## Patient Instructions

You will be instructed to refrain from taking certain medications for 48 hours prior to your appointment. There are certain medications that can influence or interfere with your test results, thus resulting in inaccurate or misleading information. If you have any concern with the discontinuation of any of the medications listed below, please consult with your prescribing physician.

**Alcohol:** beer, wine, cough medicine

**Analgesics – Narcotics:** Codeine, Demerol, Phenaphen, Tylenol with codeine, Percocet, Darvocet

**Anti-Histamines:** Chlor-trimeton, Dimetapp, Disophrol, Benadryl, Actifed, Teldrin, Triaminic, Hismanol, Claritin, and any over-the-counter cold remedy

**Anti-Seizure Medications:** Dilantin, Tegretol, Phenobarbital

**Anti-Vertigo Medications:** Antivert, Ru-vert, Meclizine

**Anti-Nausea Medications:** Atarax, Dramamine, Compazine, Antivert, Bucladin, Phenergen, Thorazine, Scopolamine, Transdermal

**Sedatives:** Halcion, Restoril, Nembutal, Seconal, Dalmane, or any sleeping pill

**Tranquilizers:** Valium, Librium, Atarax, Vistaril, Serax, Ativan, Librax, Tranxene, Xanax

**YOU MAY TAKE BLOOD PRESSURE, HEART, AND THYROID MEDICATIONS, TYLENOL, INSULIN, ESTROGEN, ETC. ALWAYS CONSULT YOUR PHYSICIAN BEFORE DISCONTINUING ANY PRESCRIBED MEDICATION.**

Please eat lightly for 12 hours prior to your appointment. If your appointment is in the morning, you may have a light breakfast (such as juice and toast). If your appointment is in the afternoon, eat a light breakfast and have a light snack for lunch. *Please avoid caffeine in beverages such as coffee or soft drinks.*

**PLEASE DO NOT WEAR EYE MAKEUP (MASCARA, EYE SHADOW, ETC.)**

Testing may cause a very slight sensation of motion, which lingers after your evaluation. If possible, we encourage you to have someone accompany you to and from the appointment. If this is not possible, please schedule an additional 15 to 30 minutes after your test, so you may wait for the sensation to clear before leaving our office.

## Patient Information

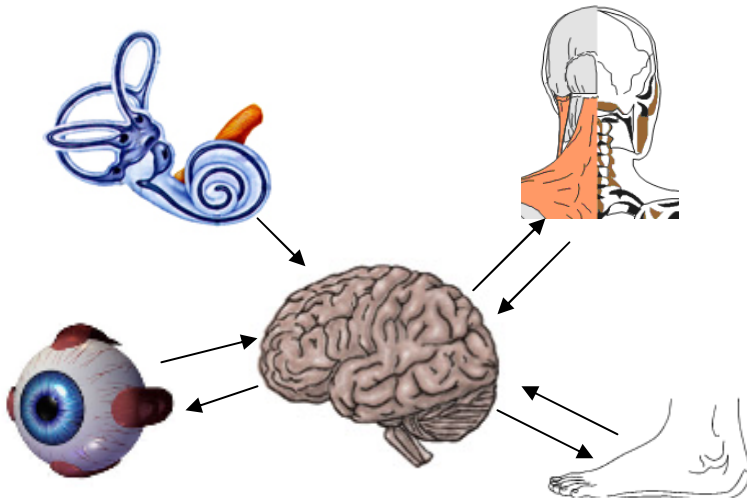
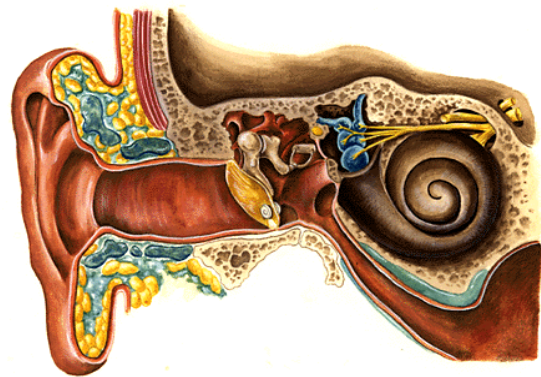
A comprehensive battery of tests will be performed during your evaluation. As your evaluation will be thorough, testing will take approximately 2 hours. Prior to each test, a detailed explanation will be given to you, so you gain a better understanding of what we are measuring and what to expect.

### *Evaluating and Treating Equilibrium Disorders:*

Problems with the equilibrium system can result in dizziness, vertigo, and imbalance. The equilibrium system is very complex and cannot be directly observed. To truly understand a patient's equilibrium, a number of sophisticated tests must be performed, correlated, and compared.

### **-Evaluation-**

Balance disorders are often accompanied by changes in hearing and/or ear function. These changes can be acute and hardly noticeable by the patient. Your testing will include comprehensive testing of your outer, middle, and inner ears. These tests include: *audiologic, immittance, and Otoacoustic emission* tests.



There are a number of complex pathways that control our equilibrium. Your evaluation will include sophisticated measures of these pathways and your central nervous system. These tests are: *Vestibular Evoked Myogenic Potential, Auditory Brainstem Response, Vestibular Auto-Rotation, Dynamic Visual Acuity, Electro-oculography, Sensory Organization Performance, and Video/Electro-nystagmography*

### **-Treatment-**

There are a number of well researched, successful, and widely used treatments and management strategies for problems of the equilibrium system. These treatments address such issues as vertigo, dizziness, lightheadedness, and balance problems. All forms of treatment should certainly be preceded by a comprehensive evaluation and diagnosis; this ensures that the specific treatment chosen is appropriate for you.

