



MICHAEL H. BERTINO, M.D.      G. PAUL LAURSEN, M.D., D.D.S., F.A.C.S.      HARRY SCHILLING, M.D., F.A.C.S.  
STEPHEN J. TALLEY, M.D., F.A.C.S.      GILBERT M. RUIZ, M.D., F.A.C.S.      ROBERT P. SPEARS, M.D., F.A.C.S.  
DIANA H. HENDERSON, M.D.      PATRICK N. BROWN, M.D.      DEVANG P. DESAI, M.D., F.A.C.S.      DANIEL J. FLEMING, M.D.

SAN ANTONIO HEAD & NECK SURGICAL ASSOCIATES, P.A. DBA  
**Ear, Nose & Throat Clinics of San Antonio, P.A.**

## ENG/Balance Testing

Electronystagmography (ENG)/Balance testing is performed at:

Ear, Nose & Throat Clinics of San Antonio  
Specialty Clinic (2<sup>nd</sup> Floor)  
4775 Hamilton Wolfe, Building One  
San Antonio, TX 78229  
210/696-0453

### PREPARING FOR YOUR TEST

#### ***48 hours prior to testing***

For the 48 hours prior to testing you should refrain from taking certain medications because they can interfere with our ability to correctly examine your balance systems. You will find a short list below, however, if you have any questions or concerns about discontinuing your medications please consult your physician.

**Alcohol:** beer, wine, cough medicine **Analgesics/Narcotics:** Aspirin, Codeine, Demerol, Phenaphen, Tylenol with Codeine, Percocet, Darvocet **Antihistamines:** Chlor-Trimeton, Dimetapp, Disophrol, Benadryl, Actifed, Teldrin, Triaminic, Hismanol, Claritin, any over-the-counter cold remedies **Anti-seizure medicine:** Dilantin, Tegretol, Phenobarbital **Anti-Vertigo Medicine:** Antivert, Ruvert, Meclizine **Anti-nausea medicine:** Atarax, Dramamine, Compazine, Antivert, Bucladin, Phenergan, Thorazine, Scopalomine **Sedatives:** Halcion, Restoril, Nembutal, Seconal, Dalmane or any sleeping pill **Tranquilizers:** Valium, Librium, Atarax, Vistaril, Serax, Ativan, Librax, Tranxene, Xanax

**Any other types of medication (blood pressure, heart, thyroid, insulin, estrogen, etc.) may be taken as prescribed by your physician. Always consult with your physician before discontinuing any prescribed medication.**

#### ***Day of testing***

Patients are asked to wear loose-fitting clothes for comfort. **We ask that no eye make-up (mascara, eye-liner or eye shadow, etc.) be worn.**

Twelve hours prior to your appointment, please eat lightly. 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.**

## Frequently Asked Questions Regarding Balance Testing

### **1. What does this test examine?**

Balance testing evaluates the parts of the body that help maintain balance, including the brain and central nervous system, vision, proprioception, and inner ear function.

### **2. Will the testing hurt? Will it make me dizzy?**

Your balance testing will not be painful. Since we are evaluating the balance system, portions of the test may result in dizziness. Dizziness produced during the balance testing is usually not severe and typically does not last for any extended period of time.

### **3. Will I be able to drive after the test?**

Patients usually have no difficulty driving after testing. However, testing may cause a sensation of motion that may linger. If you have concerns, we encourage you to have someone accompany you to and from the appointment. If this is not possible, try to plan your day to include an extra 15 to 30 minutes after your test before leaving the office. If you are currently extremely dizzy, or question your ability to drive, please have someone come with you who will be able to drive.

### **4. Why must I stay off certain medications prior to testing?**

Some medications can affect the results of the tests and should be avoided for at least 48 hours prior to your appointment. All alcohol should also be avoided for the same period of time. Under certain conditions, your doctor may allow certain medications up to 24 hours before testing.

### **5. Why am I having several different tests run on my balance system?**

The balance system is made up of many parts. Each test provides information regarding some of these parts. Prior to each test an explanation will be given so that you will have a better understanding of what is being tested and why.

### **6. How long will the tests take?**

The length of the testing will depend upon which tests the doctor requests. Testing can take from 1½ to 2 hours.

### **7. When will I learn the results of the tests?**

Once your evaluation is complete, each part is carefully evaluated and reviewed. This process is as important as your test; please understand that your test results will not be discussed in detail at the time of your evaluation. Once the interpretation is complete, a report will be sent to your referring physician. Following the tests, call your doctor's office to schedule an appointment if one has not already been made.

### **8. May others be present in the test room during testing?**

Others will not be permitted in the test rooms. Your cooperation is appreciated in this matter.

If you have any other questions regarding your testing, please contact our office at (210) 696-0453