



Ear, Nose & Throat Clinics of San Antonio

Balance, Hearing and Speech Diagnostic Centers

4775 Hamilton Wolfe, Building 1

San Antonio, TX 78229

(210) 249-4828

926 Brooklyn Ave

San Antonio, TX 78215

(210) 249-4828

BALANCE TESTING INSTRUCTIONS

TESTING WILL TAKE APPROXIMATELY 2-2 ½ HOURS

The following medications MAY NOT BE TAKEN 48 HOURS prior the test:

- ANTIHISTAMINES
- SEDATIVES
- ANTI-DIZZINESS medications
- MUSCLE RELAXANTS
- TRANQUILIZERS

***If you are taking one of these medications, please contact our staff immediately.

PLEASE DO NOT STOP TAKING YOUR HIGH BLOOD PRESSURE (HYPERTENSION) MEDICATION. IT IS ACCEPTABLE TO TAKE THIS MEDICATION ON THE DAY OF YOUR TEST.

To insure accurate testing and minimize your time spent for this test, please observe the following as well:

- NO ALCOHOL should be consumed 24 hours before the test.
- NO NICOTENE should be consumed 24 hours before the test.
- NO CAFFEINE should be consumed 6 hours before the test.
- NO FOOD OR DRINK 3 hours prior to test.
- NO MAKE UP OR MOISTUREIZERS. It is advisable to not wear contact lenses to the test. Bring eyeglasses if needed.
- PLAN TO HAVE SOMEONE DRIVE YOU HOME AFTER THE TEST as some patients experience dizziness and are unable to drive.