

PREPARATION FOR BALANCE FUNCTION TESTING

Appointment Date and Time: _____

Appointment Location: East Carolina University Speech Language and Hearing Clinic

Please see the attached map. The clinic phone number is: 252-744-6104

Your physician has recommended that testing be performed on your balance system. To ensure that you are adequately prepared, please read the following guidelines.

NOTE: You **MUST** be accompanied to your tests by someone who is capable of driving you home. This person must remain in the waiting room for the duration of your testing. During testing your balance system is stimulated, and it is not uncommon to feel dizzy or nauseous during or after testing. Most patients tolerate testing without problems and can resume normal activity 30-60 minutes after test completion.

NOTE: You **MUST** arrive at least 30 minutes prior to the start time of your test. This allows you adequate time to complete the patient registration process, obtain a parking pass, and complete dizziness questionnaires.

** Failure to adhere to these guidelines may result in your tests being rescheduled. **

CLOTHING / COSMETICS

- Please wear pants or shorts. Comfortable, loose-fitting clothing is preferred.
- Please refrain from wearing any skin lotions, moisturizing creams, make-up, mascara, etc. as this can interfere with test equipment.
- Please dry your hair before your appointment.
- Please bring an extra shirt / blouse. During VNG testing, water may leak onto the shoulder area of your clothing. It is a good idea to have an extra shirt available should this occur.

FOOD

- If your testing is scheduled in the morning, please refrain from eating a heavy breakfast. It is permissible to eat a light breakfast/snack (example: toast, yogurt, fruit).
- If you have an afternoon appointment, please limit yourself to breakfast and a light lunch.
- Diabetics: Please bring all necessary supplies with you to your appointment, including food items, if needed. No special accommodations are typically needed as test time is 1-2 hours.

MEDICATIONS

- Certain medications and substances are known to negatively influence balance testing. Because of this, we ask that you review your medications with your physician and discuss which medications, if any, should be discontinued prior to testing. **DO NOT STOP TAKING ANY OF YOUR NORMAL MEDICATIONS UNLESS DIRECTED BY YOUR PHYSICIAN.**

PLEASE CONTINUE TO TAKE:

- Heart Medicine
- Diabetes Medicine
- Thyroid Medicine
- Blood Pressure Medicine
- Seizure Medicine
- Birth Control Pills
- Antibiotics (any)
- Vitamins
- Diuretic

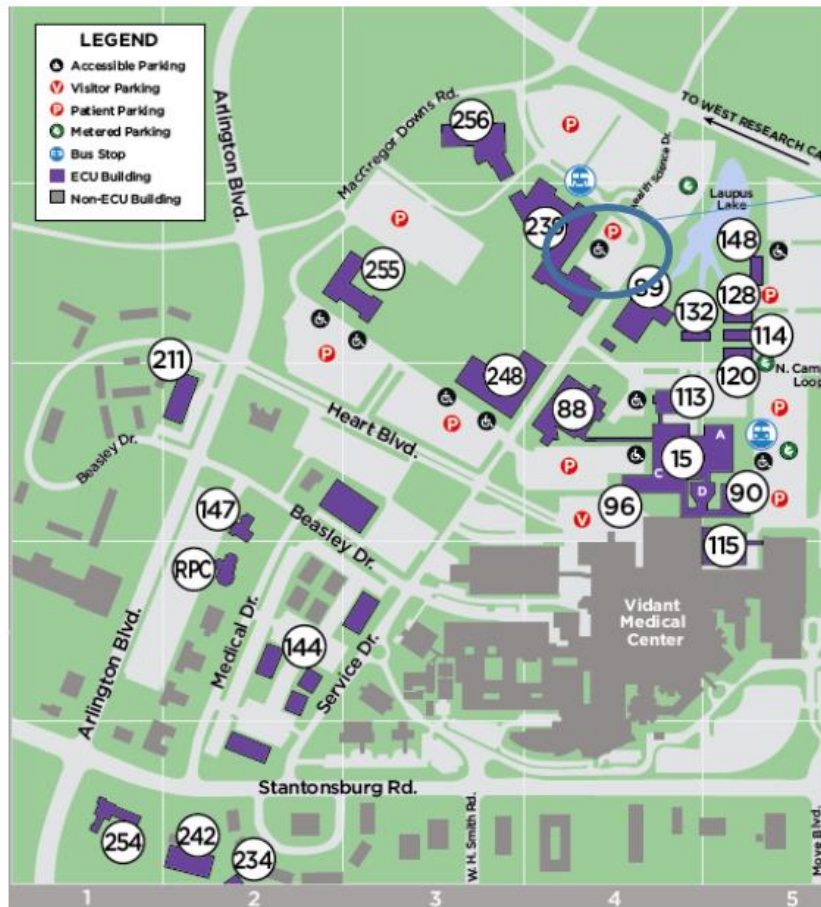
DESCRIPTION OF VIDEONYSTAGMOGRAPHY (VNG) TESTING

- Average test time is 1-2 hours.

Test Description:

The VNG test battery evaluates balance system function through the recording of eye movements using specialized goggles. The test has three components:

1. Oculomotor Testing: you will be asked to track various visual targets.
2. Positional and Positioning Testing: your eye movements will be recorded in various head and body positions.
3. Caloric Testing: your ears will be irrigated with cool and warm water, and your eye movement reaction will be recorded.



East Carolina University
Speech-Language and
Hearing Clinic.

Please park in designated
patient parking.

The ECU Speech-Language and Hearing Clinic is housed in the Allied Health Sciences Building on West Fifth Street/Highway 43 in Greenville, North Carolina. **Our “ECU PATIENT PARKING ONLY” area is located on the left side of the building.** The directions below will help guide you to our facility.

Traveling from Rocky Mount

Take 43 South into Greenville.

Go straight through stoplight at intersection of Hwy 43 and Arlington Boulevard.

The Allied Health Sciences Building is second turn on the right.

Turn right onto Health Science Drive (Turn Arrow in Road).

Follow the “Allied Health Clinics” signs to the designated parking area.

Traveling from Raleigh/Wilson

Take 264 East into Greenville (road name changes to Stantonsburg Road).

Turn left at 5th stoplight onto Arlington Boulevard (stay in the right lane once you turn).

Go straight through stoplight at Heart Drive to intersection of Arlington Boulevard and Fifth Street.

Turn right at stoplight onto Fifth Street.

The Allied Health Sciences Building is second turn on the right.

Turn right onto Health Science Drive (Turn Arrow in Road).

Follow the “Allied Health Clinics” signs to the designated parking area.

Traveling from Kinston/Ayden-Grifton

Take Hwy 11 North into Greenville (road name changes to Memorial Drive).

Take Memorial Drive all the way to West Fifth Street.

Turn left at stoplight onto Fifth Street (Citgo Gas Station will be on the left).

Go through stoplight at intersection of Moye Boulevard and Fifth Street (Microtel Inn on right).

Get in left lane. The Allied Health Sciences Building is the next large building on left.

Turn left onto Health Science Drive.

Follow the “Allied Health Clinics” signs to the designated parking area.

Traveling from Washington

Come into Greenville on Hwy 264 West.

Go straight through intersection of Hwy 264 West and Greenville Boulevard.

Keep straight on Old Pactolus Road and turn left on Mumford Road.

Stay on Mumford Road and cross over Railroad tracks.

Turn left at the stoplight onto Hwy 11-S/13 by Greenville Airport.

Go straight and turn right at 2nd stoplight onto Fifth Street.

Go through stoplight at intersection of Moye Boulevard and Fifth Street (Microtel Inn on right).

Get in left lane. The Allied Health Sciences Building is next large building on left.

Turn left onto Health Science Drive.

Follow the “Allied Health Clinics” signs to the designated parking area.

**** YOU CAN ALSO MAP QUEST THE MICROTEL INN AND SUITES (450 MOYE BOULEVARD-GREENVILLE, NC 27834) WHICH IS A BLOCK FROM OUR OFFICE IF NEEDED.**