AUDIO VESTIBULAR EVALUATION

The following tests may be offered to best determine the type of balance or vestibular disturbance that a patient may be experiencing.

☐ AUDITORY BRAINSTEM RESPONSE (ABR)

A series of clicking sounds are presented to the ears to determine how sound is transmitted through the inner ear and along the nerve of hearing. Testing is completed in a reclined position and you are encouraged to sleep or relax.

Electrodes are worn on the forehead and at each ear. Testing requires approximately 30 minutes.

☐ ELECTROCOCHLEOGRAPHY (EchochG)

A series of clicking sounds are presented to the ears, the EchochG is used to determine if there is too much fluid or pressure within the inner ear mechanism, as is frequently seen in Meniere's disease. Testing requires 30 minutes.

INSTRUCTIONS: Please avoid all diuretics unless being used to treat a heart condition or control blood pressure. Try to eat a salty meal the night before.

☐ VESTIBULAR EVOKED MYOGENIC POTENTIALS (VEMP)

A series of clicking sounds are presented to the ears to measure a reflex that comes from the balance nerve. Electrodes are placed on either side of the neck and between the collar bones. The patient is in a seated position and is instructed to turn their head as far as they can to the right or to the left (depending upon which ear is being tested) to tighten the sternocleidomastoid muscle. The head is kept in this position while the patient is hearing clicking sounds through the earphones, which can last anywhere from 30 to 60 seconds. This is repeated several times on each side. There will be an opportunity for the patient to rest between each test run. VEMP testing usually requires 20 minutes.

INSTRUCTIONS: Please do not wear high neck shirts such as turtlenecks, avoid makeup, lotion or creams to the face and neck areas.

☐ OTOACOUSTIC EMISSIONS (OAE)

During the test, a small probe is inserted into the ear. The equipment emits soft tones which elicit a response from the sensitivity cells in the inner ear/cochlea. During the test, the patient does not have to respond to the sound; however, it is important to be quiet and still. This test is performed in each ear individually and takes a total of 20 minutes.

☐ ELECTRONYSTAGMOGRAPHY AND VIDEONYSTAGMOGRAPHY (ENG / VNG)

During this test, eye movements are recorded as there is an interaction between eye movements and function of the inner ear balance (vestibular) system. For the first part of the test, you will be instructed to watch a light movement on a bar. Next, eye movement will be recorded as you lie in different positions (sitting, lying down with the head turned to the right, etc.). Lastly, warm and cool water will be placed in the ear canal. Some portions of this test, particularly the final step may cause dizziness. Dizziness is a normal response and typically resolves within 2 to 3 minutes.

INSTRUCTIONS: Do not take any medication for dizziness or sleep medication or any central nervous system suppressant for 48 hours prior to the test. These medications can interfere with the test results and will result in rescheduling the appointment.

NO ALCOHOL 48 HOURS PRIOR TO THE TEST

DO NOT WEAR ANY MAKEUP, INCLUDING MASCARA

DO NOT EAT OR DRINK ANYTHING 4 HOURS PRIOR TO THE TEST

PLEASE HAVE A DRIVER TO TAKE YOU HOME. IT IS POSSIBLE THAT YOU MAY NOT FEEL SECURE IN DRIVING FOLLOWING THIS TEST.

PLEASE CALL 615-292-5191 if you should have any questions regarding medications.

THE FOLLOWING MEDICATIONS SHOULD BE AVOIDED 48 HOURS PRIOR TO TESTING

- Acetaminophen with Codeine (Tylenol 3)
- Alcohol
- All Cold Medications
- Alprazolam (Xanax)
- Antihistimines
- Aspirin (no more than 2 in 24 hours)
- Chloradiazapoxide (Benadryl, Sominex)
- Clonazepam (Klonopin) unless prescribed for seizures
- Diphenhydramine (Benadryl)
- Diazepam (Valium, Zentran)
- Droperidol
- Fluoxetine (Prozac)
- Flurazepam (Dalmane)
- Glycopyrrolate (Robinul)
- Hydroxychloroquine (Plaquenil)
- Ibuprofen (Excedrine IB, Midol IB, Motrin, Advil)
- Lorazepam (Ativan)
- Meclizine (Antivert, Bonine)
- Naproxen (Naprosyn, Nu-Naprox)
- Prochlorperazine (Compazine, Contrazine)
- Premethazine (Phenergan)
- Propoxyphene (Darvocet)
- Scopolamine (Transderm Patch)
- Sertraline (Zoloft)
- Triamcinolene Nasal Inhaler (Nasacort)

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