



☐ AUDITORY EVOKED POTENTIALS - 30min

Auditory Evoked Potential (AEP) testing is used to determine if specific parts of the vestibular & central nervous system are functioning properly. Evoked potentials record the amount of time the nerves take to respond to electrical and sound stimulations.

The testing procedure for AEP tests consists of placing electrodes on the neck, forehead, or face while laying down on the exam table. The Audiologist will place an ear bud in your ear and you will hear a series of clicks in your ears, which the computer records as the responses travel through your nervous system.

An evoked potential will allow the Audiologist to see if there has been a "block" along the pathways that lead to the brain. Common "blocks" include tumors, infections, and degeneration to the nerve itself.

Our Balance Lab Performs These AEP Tests:

- (1) Auditory Brainstem Response (ABR)
- (2) Vestibular Evoked Myogenic Potential (VEMP)
- (3) Electrocochleography (ECoG)
- (4) Otoacoustic Emission (OAE)

Special Instructions for Procedure:

Please don't wear any face lotions or cosmetics

IMPORTANT INSTRUCTIONS REGARDING YOUR DIAGNOSTIC TESTING APPOINTMENT

GENERAL INSTRUCTIONS PRIOR TO YOUR EXAM

1. Please wear comfortable clothing
2. No alcoholic beverages for 72 hours prior
3. Please do not eat or drink for 4 hours prior to your test. If you are diabetic or prone to lightheadedness, you may have a small, light meal or glass of juice.
4. Please do not wear any makeup, especially any mascara or face lotions.
5. If possible, please bring someone with you to the exam. You may feel dizzy after your exam.
6. You may wish to bring a snack with you to eat when your testing appointment is complete.

MEDICATION INSTRUCTIONS PRIOR TO EXAM

(1) Medications can greatly influence the accuracy of your test results. For 48 hours (2 days) prior to your test, **DO NOT** take any of the following types of medications (or generic forms) as they will affect your test results.

ANTIHISTAMINES/COLD PILLS (for example)

- Benadryl (Diphenhydramine)
- Atarax (Hydroxyzine)

ANTIDIZZINESS (for example)

- Meclizine (Antivert)
- Scopolmine
- Compazine

(2) For 48 hours prior to your exam, DO NOT take any of the following medications if taken occasionally or "as needed". If you have been taking any of these medications daily for 8 weeks or more, continue to take them as directed. If you have questions about your medications, please call your family or an NDBC physician.

PAIN/HEADACHE:

- Codeine
- Dilaudid
- Hydromorphone
- Percocet (Oxycodone)
- Vicodin
- Darvocet
- Demerol
- Morphine
- Oxycontin
- Phenaphen

STIMULANTS:

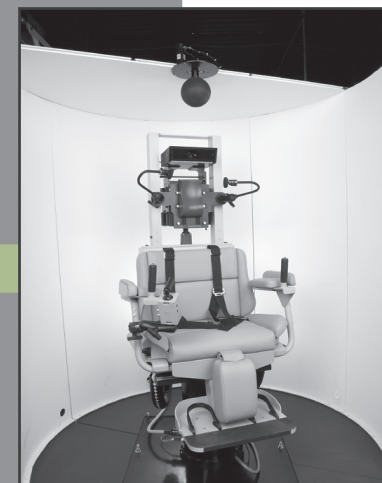
- Adderall
- Phentermine
- Dexadrine
- Ritalin

ANTI-ANXIETY/SLEEP AIDS:

- Ambien
- Ativan
- BuSpar
- Dalmane
- Halcion
- Librium
- Nembutal
- ProSom
- Restoril
- Somnux
- Tylenol
- Unisom
- Valium
- Xanax

Balance Testing Lab Diagnostic Testing Procedures

at National Dizzy & Balance Center



About Our Services

 **NDBC**
National Dizzy
& Balance Center

952-345-3000
www.StopDizziness.com

INTRODUCTION

Your healthcare provider has requested that you have diagnostic testing performed in our balance testing lab in order to help identify factors that may be causing your dizziness or balance problem. The tests that your healthcare provider asked be performed are checked below.

Please read the descriptions and any instructions carefully for each test being performed. Depending on the tests being performed, you may have to stop some of the medications you are taking according to the instructions on the back page of this booklet.

☐ COMPUTERIZED DYNAMIC POSTUROGRAPHY (CDP) - 15 Min

CDP was developed by NASA and can objectively measure a person's three balance sensory inputs at one time. CDP can provide detailed results on how well each sensory input is functioning independently and as a balance system.



The human body's three sensory inputs used for balance are; Vestibular (inner ear system), Somatosensory (feet, ankles, joints), and Vision (eyes). For a CDP evaluation, you will be asked to stand in the CDP machine without your shoes and keep your balance under various conditions. While being tested, you will be closely monitored by the examiner and you will be harnessed into the support system so there is no chance of you falling.

Special Instructions for This Procedure:

Please wear comfortable clothing to make it easier for the safety harness to fit you.



☐ VIDEONYSTAGMOGRAPHY (VNG) - 60 Min

VNG testing one of the methods used to determine if a vestibular (inner ear) disease or disorder may be causing your dizziness or balance problem. During the entire test, your eye movements will be recorded with the use of video goggles.

A VNG Evaluation Consists Of Three Procedures:

(1) The Audiologist will first ask you to follow with your eyes various lights projected on a screen or on the wall of the rotational chair room. This part of the test is examining how well your eyes, vestibular system, and your brain are working together to enable you to track moving objects.

(2) The Audiologist will then move your head and body in different positions while you recline on the exam table. This procedure examines the canals in your vestibular system to assess if you have a common condition called BPPV.

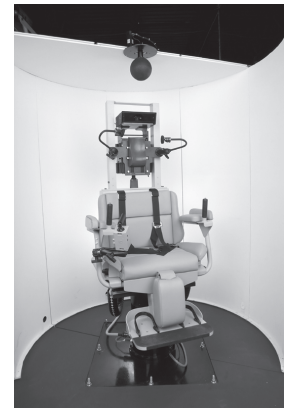
(3) During the last part of the evaluation, the Audiologist will put warm and cool air/water into each of your ears to stimulate each vestibular system. This test is done to see how well each of your inner ear systems are functioning independently. This test may make you feel dizzy for a short period of time, this is normal and subsides quickly.

Special Instructions for This Procedure:

Please carefully follow the instructions on the back page of this booklet.

☐ ROTATIONAL CHAIR TESTING - 30 Min

Rotational chair testing is used to determine whether or not your dizziness or balance problem may be due to a disorder of inner ear, nervous system, or your brain. During the entire test, your eye movements will be recorded with the use of video goggles.



A Rotational Chair Evaluation Consists Of Three Types Of Tests While Sitting In The Chair:

(1) Rotational Testing - The chair will slowly move in back and forth motion that is controlled by the computer and Audiologist. The degree of movement of the chair is varied to test the entire range and capabilities of your vestibular system. The Audiologist will be able to see if you have a vestibular disorder and how much your brain has already compensated for the problem.

(2) Optokinetic Testing - You will be asked to follow a series of lights on the wall or screen to evaluate how well your eyes and your brain are working together.

(3) Fixation Testing - While being rotated in the chair, you will be asked to stare at a dot of light that will be rotating with the chair, or in your goggles. Your ability to concentrate on the dot while moving in the chair can indicate if you have vestibular or a central nervous system disorder.

Special Instructions for This Procedure:

Please carefully follow the instructions on the back page of this booklet.