

ENG Instructions

The ENG (electronystagmogram) is a test designed to give your physician information about the source of your dizziness or imbalance. The test requires approximately one hour to complete. You can expect to experience some dizziness or nausea during the test. The dizziness usually is of short duration and, by the end of the exam, it should subside completely. There is no pain from this test.

You should arrive at least 15 minutes prior to your appointment time.

In order to achieve the best results, you must carefully follow these instructions.

1. Do not wear contact lenses during the test. Wear your distance glasses.
2. No solid foods or milk for at least 4 hours before the test.
3. No coffee, tea, soda, or chocolate after midnight on the day of the test. Avoid consuming caffeine.
4. No alcoholic beverages, or alcohol-containing liquid medicines, for 2 days prior to the test. No smoking, either.
5. Stop taking any dizziness medicine for at least 2 days before the test.
6. You may take your regular medicine for your heart, blood pressure, diabetes, seizures, thyroid, or any other life-sustaining condition. However, you should not take allergy pills, tranquilizers, sleeping pills, pain pills, diet pills, and nerve pills for 2 days before the test. If you are in doubt, please call us at (914) 686-3950.
7. You may resume all medicines after your test.
8. Consider bringing a snack and/or something to drink with you for after the test.