



CENTER FOR BALANCE DISORDERS

PRE-TEST INSTRUCTIONS

<http://www.bcm.edu/oto/cfbd/>
6501 Fannin Street Houston, Texas 77030
Tel (713) 798-6336 Fax (713) 798-8658
The Neurosensory Center of Houston
3rd Floor, Room NA315

Your appointment is on:

Day	Date	Time
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We cannot test you if your ear canals are blocked with **earwax**. Please have your doctor check your ears **prior** to your appointment with us.

The test will require between 1 1/2 and 3 hours. If for any reason this appointment cannot be kept, please notify the Lab **as soon as possible** by calling 713-798-6336.

Certain **medications** may change the findings of the vestibular (balance) studies; therefore, we ask that you not take any **non-essential** medications for a period of **24 hours** prior to the appointment time, and that you particularly avoid:

1. Anti-dizzy pills (such as Antivert, Meclizine, Scopolamine, Phenergan)
2. Antihistamines
3. Aspirin
4. Cold or Allergy medications
5. Sleeping pills
6. Tranquilizers (such as Valium, Ativan, Xanax)
7. Pain medications
8. Alcoholic beverages
9. Caffeine (such as coffee, tea, cola, chocolates)
10. Diuretics (specifically prescribed for dizziness or imbalance)
11. Narcotics of any kind
12. Herbal remedies (such as Ginkgo, Valerian)
13. Medications which contain any of the above

This list is not complete. If there is any question as to which medications you should avoid, **ask your physician**.

Please **do not eat or drink** anything for a period of **3 hours** before the time of your test.

Please **do not apply make-up** (especially eyeliner and mascara), **cream or lotion** to your face if you are scheduled for the ENG exam. These products may interfere with electrode and video recordings.

Dress **comfortably** in loose fitting slacks and in shoes with flat heels.

Please bring your **insurance card** with you to the lab. It is not necessary to pre-register with The Methodist Hospital. If you have questions about payment or insurance coverage, feel free to call our billing department at 713-798-5922.