



Electronystagmography (ENG)

ENG Patient Handout*

The ENG is a painless balance test. Near the eyes, your skin will be cleansed prior to placement of electrodes. The test consists of following/staring at lights and then being placed in different positions. Cool and warm air will be gently placed in the ear canals while lying down. The test battery should take approximately 1.5 hours.

DO NOT take any of the following medications 48 hours prior to your test:

Aspirin: or medication containing aspirin

Anti-nausea medications: Dramamine, etc.

Anti-dizziness medications: Meclizine, Antivert, etc.

Tranquilizers: Xanax, Valium

Sedatives: sleeping pills, etc.

Narcotics and Barbiturates: Demerol, Codeine, etc.

Anti-histamines: Actifed, Benadryl, any cold medications

Alcohol: beer, wine, liquor, cough syrups with alcohol

Caffeinated beverages: coffee, tea, soda with caffeine

***The above medications may alter test results and if taken, your appointment will be rescheduled. **Please take all of your regular medications for your heart, blood pressure, diabetes, and seizures** ***

DO NOT eat, drink, or smoke 4 hours before testing.

DO NOT wear make-up or contact lenses.

DO follow above restrictions.

Please wear pants.

*These guidelines are adapted from The Balance and Mobility Center in Wilmington, DE