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Preparation for Balance Testing

Your physician has recommended that testing be performed on your balance system.

Please read below and follow the guidelines in preparation for this evaluation.

Your appointment is scheduled for: _____ @ _____ .a.m./p.m.

- * Women are asked to wear pants or shorts for testing.
- * men are asked to wear loose fitting clothes for comfort for testing.
- * please refrain from wearing any skin lotions, moisturizing creams, makeup, mascara, etc. on your face on the day of testing.

Certain substances influence the body's response to the tests, therefore, for 48 hours prior to testing refrain from the following:

- *Do not take any medications used for nausea or dizziness.
- *Do not consume alcohol.
- *Do not take tranquilizers, sleep aids, or sedatives.
- *Do not take cold remedies, aspirin, or tylenol.
- *Refer to the list of examples of other medications to avoid.

If you are taking a medication that is not listed and have concerns or questions, call the office and review the medications with the audiologist.

Balance testing procedures include some or all of the following:

- A: Visual observation of various stationary or moving lights or stripes.
- B: Placing the body in various positions to disrupt the balance and measure reflexes.
- C: Stimulating the balance system of the inner ear by placing warm and cold air into the outer ear canal.
- D: Placing the eyes, head, or body through various movements and exercises and measuring the body's response through skin electrodes that are not painful.

Most Commonly Asked Questions:

1. What does the testing consist of? Balance testing evaluates parts of the body that help maintain balance: the brain, the eyes, touch/feel, and the inner ear.
2. Is it painful? No. People do not report or experience pain.
3. Will the testing make me dizzy? Since we are testing the balance system and intentionally triggering balance disruption, dizziness will be experienced but is short lived. We do advise that you have someone drive you home in case the symptoms persist afterwards.
4. Can I drive afterward? You should arrange for someone else to drive in case you are too dizzy to drive safely afterwards.
5. Do I change my medications before the test? Yes, for 48 hours prior to the testing day. Please review the medications listed to avoid having to cancel or reschedule your testing due to drug interference with the test results.
6. How long will the testing take? The complete battery of tests may last up to 2 hours, so please make arrangements accordingly.
7. When will I know the results? The results will be available within the week of the test.
8. May family members come along? We do not allow family members to be in the room during the testing, but are welcome to wait. Children or adult dependents may have one adult with them as an exception.
9. Can I eat before the testing? Food does not interfere with the testing, but we do recommend you eat a light meal in case nausea occurs.

Medications to Avoid 48 hours prior to testing:

Sleeping pills/aids

Aspirin

Tylenol

Cough or cold medications

Alcohol

Pain or narcotic medications

Muscle relaxers or sedatives

Anxiety pills

Diuretics

Migraine Medications

Anti-depressants

Common Names of medications to avoid 48 hours prior to testing:

Antivert	Lasix
Bonine	Meclizine
Dalmane	Midrin
Diazepam	Pamelor
Dramamine	Phenergan
Elavil	Prozac
Entex	Transderm Scop (patch)

Feldene	Valium
Fiorinal	Vontrol
Halcion	Xanax