CARLSON
EAR NOSE & THROAT ASSOCIATES

INFORMED CONSENT

Scheduled Appointment:
Please arrive AT LEAST 15 minutes prior to your scheduled appointment time with all completed paperwork.
ALL testing is completed at our Swan office: 3172 N. Swan Rd. Tucson, AZ 85742

Visualnystagmography (VNG): Vestibular Assessment

VNG is a test to evaluate the possible etiology of your dizziness. This test takes approximately 2.5 hours. In most cases, VNG testing will allow us to determine potential causes of your symptoms and plan a course of treatment.

Description of the test: During most of your VNG, you will wear a set of infrared goggles that will record the movement of your eyes. Parts of the test will take place in the dark with the goggles capped.

The VNG is divided into three parts:

1. Ocular-Motor Evaluation: This part of the test evaluates your eye muscles and central nervous system. You will be asked to follow a red light moving vertically and horizontally at variable speeds.

2. Positional Evaluation: This part of the test evaluates both your central nervous system and the balance organs of your inner ear. You will be asked to sit, lie down, and turn your head. Part of this test involves a rapid change in position from a sitting to lying down position and is modifiable, if necessary, due to back and or neck disorders.

3. Caloric Evaluation: This part of the test evaluates the function of the balance organs of the inner ear. During the test, you will lie comfortably on your back while wearing the goggles. Cool and warm air will be introduced into each ear canal for approximately 2 minutes at a time. You will be allowed to rest for approximately 3-5 minutes between each portion of the evaluation. It is important to remember that, while you may feel dizzy during the test, you should feel better by the time you leave. If you are concerned about the lasting effects of nausea, you are encouraged to bring a friend or family member with you to drive you home.

Important things to remember:

- **CONTINUE to take any medication for long-term conditions** such as diabetes, high blood pressure, heart related conditions, seizures, thyroid problems, steroids or antibiotics.
- ***STOP taking the following medications for 48 hours prior to the exam:** tranquilizers, vestibular suppressants, sleeping pills, or other types of central nervous system suppressants. Examples include, but are not limited to, Valium, Meclizine, Dramamine, Bonine, Any Antihistamines/Allergy Medications, Melatonin, Tylenol/Advil PM.
- **No alcohol 48 hours prior to the exam.**
- **Scopolamine patches must be discontinued 5 days prior to the exam.**
- **No makeup, face lotion, or sunscreen on the face the day of the test.** This includes all eye makeup. Lip balm and lipstick are allowed.
- **Please wear comfortable clothing.**
- **Avoid eating and drinking caffeine at least 4 hours prior to testing. This is to prevent nausea.**
- **Bring a case/solution if you wear contact lenses. Bring a case for your glasses and/or hearing aid(s).**
- **A CO-PAY MAY BE CHARGED FOR DIAGNOSTIC TESTING IN ADDITION TO THE CO-PAY CHARGED FOR THE CONSULTATION WITH OUR DOCTORS. THIS VARIES BY INSURANCE PLAN. IF THERE IS A SECOND CO-PAY THIS WILL BE DUE ON THE DATE OF SERVICE.**

Common after-effects of the test include:
Headache, fatigue, minor earache, residual nausea and mild vertigo lasting a few hours.

Other possible complications*:
Tympanic membrane perforation, anxiety, spinal injury, persistent vertigo/ nausea, cardiac arrest.
*While these complications have been reported in the literature, please remember that these are very rare.

_____ _____
Patient Signature Date Audiologist Date

Date of Birth _____