

## Preparations for your Balance Testing

Testing typically takes 2-4 hours, so please plan accordingly. Wear comfortable clothing and shoes. For several of the tests you will be wearing goggles to measure eye movements. If you wear contact lenses, please wear them to provide your best vision during testing. If you normally wear glasses but have contacts available, please wear your contacts. **Do not** wear any face lotion or makeup (*absolutely no eyeliner or mascara*).

Testing may cause a sense of motion that could linger after your appointment. We encourage you to have someone accompany you to and from the appointment. If this is not possible, please plan on spending an extra 15 to 30 minutes in the lobby after the test to feel more comfortable before driving.

Please eat lightly for 12 hours prior to your appointment. If your appointment is in the morning, you may eat a light breakfast such as juice and toast two hours before your appointment. If your appointment is in the afternoon, eat a light breakfast and have a small snack before your appointment.

Due to the length of the appointment, if you are more than 15 minutes late, you may have to be rescheduled. It is your responsibility to obtain any prior authorizations from your insurance company before the day of the test. **Any appointment cancelled or rescheduled with less than 48-hours' notice is subject to a \$100.00 cancellation fee.**

### **48 Hours Before Your Appointment**

- Do not consume any caffeine, alcohol, or over-the-counter medications of any type.
- Prescription medications you have taken daily for more than six months – do not discontinue.
- Prescription medications you have taken for less than six months: Please do not take the following types of medications 48 hours (2 days) prior to your test. These types of substances can affect the results of your balance tests. The medications listed are examples only. If you have a question about a particular medication, please call us to ask.

**Diuretics:** aka water pills

**Anti-histamines:** Benadryl, Sudafed, Chlor-trimeton, Dimetapp, Disophrol, Actifed, Triaminic, Claritin

**Anti-vertigo medication:** Anti-vert, Meclizine, Ru-vert

**Anti-nausea medication:** Atarax, Dramamine, Compazine, Antivert, Bucladin, Phenergan, Scopalmine

**Analgesics/Narcotics:** Codeine, Demerol, Phenaphen, Tylenol with codeine, Percocet, Darvocet

**Sedatives:** Halcion, Restoril, Nembutal, Seconal, Dalmane, or any sleeping pill

**Tranquilizers:** Valium, Librium, Atarax, Vistaril, Serax, Ativan, Librax, Xanax, Tranxene

**Recreational Drugs:** Marijuana (medicinal), Methadone, etc.

You may take medication for your thyroid, heart or blood pressure, as well as Tylenol, birth control, insulin, and estrogen. Let your audiologist know if you take medication for anxiety or depression.

***If you have questions or concerns regarding stopping your medications,  
please consult your physician.***