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ENG Instructions

An ENG (electronystagmogram) is a test designed to give your physician information about the source of your dizziness or unsteadiness by objectively evaluating the function of your inner ear. The test will take approximately 45 minutes to one hour to complete. Although many people experience some dizziness during the test, it is of short duration and most of your dizziness should subside by the end of the test. This test does not involve needle sticks and is not painful.

In order to achieve the best test results, you should carefully follow these instructions:

1. Dress comfortably, wearing flat or low-heeled shoes.
2. Wash your face thoroughly. Use no make-up, creams, or lotions.
3. No solid foods or milk for 4 hours before the test. No liquids 2 hours before the test.
4. On the day before the test, no caffeine after midnight.
5. Stop taking aspirin or aspirin-containing compounds two (2) days before the test.
6. No alcoholic beverages or liquid medication containing alcohol two (2) days before the test.
7. Discontinue all medication two (2) days before the test EXCEPT those medications taken for your heart, blood pressure, diabetes, seizures, or hormones.
8. You must discontinue allergy pills, antihistamines, sedatives, sleeping pills, narcotic pain medicines, decongestants, stimulants, nerve pills, dizziness pills, and antidepressants two (2) days before the test. These medications may be resumed immediately following the procedure.
9. Please empty bladder before the test.

If you need to change your appointment time or if you have any questions, please contact the office.