

## **ROCKWOOD CLINIC ENG INSTRUCTIONS**

Electronystagmography or ENG is testing that is done in order to provide the physician with information that is used to help make a diagnosis of the etiology regarding dizziness and/or unsteadiness.

An ENG evaluation involves the placing of surface electrodes around the eyes and measuring eye movements under three conditions:

1. Ocularmotor -Following lights across a light bar
2. Positional -Being moved into various positions
3. Caloric -Having both cool and warm air placed in the outer ear canal. This portion of the testing is intended to cause vertigo or spinning and subsides quickly with fixation on an object.

### **There are a few instructions that you need to be aware of prior to your ENG:**

1. Please do not take any pain killers, sedatives, antihistamines, antidepressants or vestibular suppressants (e.g. Meclizine) for at least 48 hours prior to testing. These medications may cause inaccurate test results. Please consult with your physician prior to stopping your medications.
2. Please do not consume alcoholic beverages 48 hours prior to testing
3. Please do not wear make-up the day of the testing.
4. Please refrain from eating 4 hours prior to testing.
5. In case you are feeling sick after this evaluation it is important to be accompanied by someone who can drive you home.

If you have any questions regarding the test or these instructions, please do not hesitate to contact the Audiology Department at (509) 838-2531.

Thank you,  
Rockwood Clinic Ear, Nose & Throat Department

The Rockwood Clinic ENT Department is located on **3W**  
in the Main Rockwood Clinic at **400 East 5<sup>th</sup> Avenue.**