Patient Instructions for Balance Testing

You will be scheduled for several tests which will evaluate your inner ear balance control mechanism. These are painless tests which involve no needles. The tests may make you slightly dizzy, but should this occur, it will only last several minutes. You should be able to drive following the tests. The balance lab is located on the fourth floor of the Lakeland Medical Building.

In order for the test results to be an accurate representation of the inner ear function, certain restrictions are necessary. For **TWO** days prior to your examination, you should not take any of the following:

- ALCOHOL
- ANTIHISTAMINES
- NARCOTICS
- SEDATIVES OR SLEEPING PILLS
- PILLS TO PREVENT DIZZINESS (including Antivert or Meclizine)
- ANTI-DIARRHEA MEDICATION

You may continue to take any medications for seizure disorders. You may also continue to take hormones as well as medications for heart conditions, high blood pressure, or thyroid disease. Always consult with your physician before discontinuing any prescribed medications.

Please wear **comfortable pants (no dresses or skirts)**. Remove colored contact lenses before the examination. Do not eat for three hours prior to your appointment. **Please avoid no more than two small cups of caffeine in beverages such as coffee or soft drinks for 24 hours.**

**Please wear no eye make-up (mascara or eyeliner).**

**Also, No Eyelash Extensions.**

These tests usually take between an hour and a half and two hours to complete. These tests will be reviewed and correlated with your clinical findings, hearing tests, and other requested tests. Results will be discussed with you following completion and a complete report will be sent to your referring physician. If you have any questions, please do not hesitate to contact this office.

**DATE:** _______________________

**TIME:** _______________________