

Balance Assessment: Patient Instructions

You have been scheduled for a comprehensive balance assessment at the Hearing Center at Live Oak Health Partners. The test protocol involves a number of subtests which examine the effectiveness of your vestibular system in your inner ear, as well as screen the somatosensory and vision system contributions to your balance. This will help the doctor to determine which system may be contributing to your symptoms to accurately prescribe treatment. The procedure takes approximately 90 minutes.

During the test, you will be wearing a face mask with infrared cameras. You will be instructed to look at objects and your head or body in different positions. Cool and warm air will be delivered into your ear canals to assess the symmetry of the response in each vestibular structure. This test may result in a short-duration spinning sensation which will ease within a few minutes. Following the test, you will be able to drive.

Certain substances can influence the body's response to this test, which would reduce the validity. **Do NOT take any of the following for a period of at least 48 hours:**

- Anti-nausea medication (*Dramamine, Compazine, Borine, Marezine, Vontrol, Phenergan, Thorazine, etc*)
- Anti-vertigo medication (*Antivert, Ruvert, Meclizine, etc*)
- Tranquilizers (*Valium, Librium, Atarax, Vistaril, Equanil, Miltown, Triavil, Xanax, Serax, Etrafon, Darcovet, Diazepan, etc*)
- Narcotics and Barbituates (*Codeine, Demerol, Dilaudid, Morphine, Percodan, Phenaphen, etc*)
- Sedatives (*Nembutal, Seconal, Dalmane, Doriden, Placidyl, Quaalude, Butisol, Feldene, or any other sleeping pills*)
- Antihistamines (*Chlor-Trimeton, Dimetane, Disophrol, Benadryl, Actifed, Teldrin, Triaminic, Seldane, or any other over the counter cold remedy*)
- Alcohol in any quantity (*including beer, wine, or any time of medicine containing alcohol*)
- If you have any questions about your present medications (not listed), please consult your physician or call this clinic.

Continue using heart medicine, blood pressure medication, insulin, seizure medication, or any medication not described in the list above.

We also recommend:

- A light meal is allowed
- No drinking or smoking for two to four hours prior to testing
- No caffeine (coffee, tea, or cola) after midnight the day before testing
- Wear comfortable, loose fitting clothing
- If applicable, bring glasses (do not wear contacts)

Please **do NOT wear eye makeup**, as this will impact the ability of the camera to detect eye movements.