

## BALANCE ASSESSMENT PATIENT INSTRUCTIONS

You have been scheduled for a Balance Assessment at Ear, Nose, and Throat Consultants of East Tennessee. The test protocol is made up of a number of sub-tests that examine the effectiveness and interaction of your vestibular system (the inner ear) and screens the visual system's contribution to your overall stability and balance. The procedure is simple and requires 1-1 ½ hours to complete.

During the test you will be wearing an infrared camera on a facemask. You will be instructed to look at objects and move your body and head in various positions. Small amounts of cool and warm air will also be presented into your ear canals.

Certain substances can influence the body's response to this test, reducing its value and validity. Please **DO NOT TAKE** any of the following for a period of at least **72 hours** before the test:

- **Anti-nausea medication** (Dramamine, Compazine, Borine, Marezine, Vontrol, Phenergan, Thorazine, etc.)
- **Anti-dizzy medication** (Antivert, Ruvert, Meclizine, etc.)
- **Tranquilizers, Muscle Relaxants** (Valium, Librium, Atarax, Vistaril, Equanil, Miltown, Triavil, Xanax, Serax, Etrafon, Darvocet, 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 over the counter cold remedy.
- **Alcohol** in any quantity (including beer, wine, or any type of medicine containing alcohol)

If you have questions about your present medications (not listed) please consult your physician or call this clinic at the number listed below. **Continue Using Heart Medicine, Blood Pressure Medication, Insulin, Seizure Medications and Thyroid Medications.**

**No caffeine (coffee, tea, cola, energy drinks) after midnight the day before testing. No smoking the morning of the test. Please do not wear make-up or face cream.** This will impact the ability of the camera to detect eye movements.

For your comfort we recommend:

- Wearing comfortable loose fitting clothes.
- A light meal at least 3 hours before the test.

For safety precautions, we strongly recommend that someone drive you home after the test.

Due to length of testing it is important we start on time. **Anyone arriving more than 15 minutes late will be rescheduled.** We recommend that you arrive early to allow time for parking.

**Your appointment is scheduled for \_\_\_\_\_.**

If you have any questions regarding the test or if you need to cancel/reschedule, please notify us immediately at **865-693-6065 ext. 153.**