

Pre Test Instructions

48 Hours before test:

1. Discontinue the use of the following medications:
Antidizzy medications: such as meclazine, antivert or scopolamine
Allergy medications: such as decongestants and antihistamines
Any sleep aids: prescription or over the counter
2. Do not consume alcohol

The use of these substances within a 48 hour period may affect and invalidate the test results.

Please call with any questions and continue to take multivitamins and any other medication as directed by your primary care physician

During the test it is normal for some patients to feel temporarily "dizzy." This feeling is brief and temporary. If you do not feel comfortable driving please make arrangements for someone to drive you.

Day of the test

1. Do not drink caffeine the day of the test.
2. Do not eat for at least four hours prior to your appointment.
3. Please arrive at least five minutes prior to your scheduled appointment.
4. Testing takes approximately 1 to 1 ½ hours.
5. Results and recommendations will be reviewed with the patient at a follow up appointment and a copy of the completed report will be mailed to your primary care physician.