

Your ENT Physician has requested further evaluation of your hearing, dizziness and/or balance concerns. American Institute of Balance staff will be performing the test at your ENT's office or an AIB facility.

What is Neurodiagnostic Testing?

The inner ear is home to the hearing and balance centers. The receptors within the inner ear allow signals to be received and processed by a variety of locations within the central nervous system and the brain. Unlike imaging studies which show only the anatomy or structures, this family of tests allows your physician to better understand how the system is working and where a problem may arise. Depending on your particular condition your physician may recommend evaluation of the hearing and / or balance centers or both, as they are all part of the inner ear. All testing is easy, comfortable and use advanced technology.

What to Expect During your Appointment

Your visit will include a variety of simple but technically advanced tests using computers and highly specialized equipment. There will be no pins or needle sticks. Your appointment will last approximately 60 minutes. Depending on your specific condition, some of the testing may provoke a sense of motion, which typically subsides and does not last beyond a few minutes. Your ENT physician will schedule a follow-up appointment with you to review your test results and next steps.

Important: If it becomes necessary for you to cancel your appointment for any reason, please call your ENT's office as soon as possible.



Appointment Day Instructions

1. Plan to arrive 15 minutes prior to your appointment time. If you arrive late, your appointment may be rescheduled.
2. Do not wear mascara, eye liner, or face lotions. We may ask you to remove it at the appointment. These products might interfere with the testing.
3. Do not drink alcoholic beverages for 24 hours before the test.
4. Certain medications can influence the body's response to the test. If possible, please refrain from taking the following medications for 48 hours prior to your appointment. Please let us know at you appointment if you have taken these within the past 2 days.

Anti-vertigo medicines: Anti-vert or meclizine;

Anti-nausea medicine: Atarax, Dramamine, Phenergan, Scopolamine Transdermal.

5. **Vital medications SHOULD NOT be stopped.** Continue to take medications for heart, blood pressure, thyroid, anticoagulants, birth control, antidepressants, and diabetes. If you are unsure about discontinuing a particular medication, please call your physician to determine if it is medically safe for you to be without them for 48 hours.
6. Eat lightly the day of your appointment. If your appointment is in the morning, you may have a light breakfast such as toast and juice. If your appointment is in the afternoon, eat a light breakfast and have a light snack for lunch.
7. Testing may cause a sensation of motion that may linger. If possible, we encourage you to have someone accompany you to and from the appointment. However, if this is not possible, try to plan your day to include an extra 15 to 30 minutes after your test before leaving the office.



(727) 791-1368

