

**ELECTRONYSTAGMOGRAM (ENG), ROTARY CHAIR,
POSTUROGRAPHY PREPARATION**

You have been scheduled for an Electronystagmogram (ENG), Rotary Chair and/or Posturography on _____ at _____ in the Section of Audiology in **Burlington**.

There are two important pre-test instructions:

- **DO NOT** eat any **food** for **four (4)** hours before your appointment. Do not have any caffeinated beverages the day of your test.
- **DO NOT** take any of the **following or similar medications forty-eight (48) hours** before your appointment. **This is a partial list.** If you are not sure if a medication you are taking should be discontinued, please call and ask.

Anti-dizziness medicine: **Dramamine**, Bonine, Phenergan, Comparing, Antivert, Meclizine, Transderm Scopolamine

Tranquilizers: Valium, Diazepam, Librium, Elavil, Triavil, Klonopin, Clonazepam, Xanax, and Ativan

Any Sleeping Pills: Seconal, Dalmane, Nembutal

Anti-Depressants: Nortriptyline, Paxil, Prozac, and St. John's Wort, Celexa, Zoloft

Pain Medications: Codeine, Demerol, and Percodan

Antihistamines: Dimetane, Benadryl, Actifed, Dimetapp, Zyrtec, Allegra, Claritin or any cold/allergy pill

Alcohol: Any quantity

- If you are taking an anticonvulsant, contact your physician. You **MAY CONTINUE** to take any prescribed medications for problems with your **HEART, BLOOD PRESSURE, DIABETES, EPILEPSY**, or other medical conditions. Other medications not listed above may be used.

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- Please do not wear eye make-up or contact lenses for the tests. Please have someone with you who can drive you home in the event the tests make you dizzy – this is usually not a problem.
- If you encounter any problems following these instructions, or if a situation arises that does not appear to be covered on this sheet, or if you are unable to keep your appointment, please call Audiology at the Lahey Clinic (781-744-2597).