

New Mexico Ear Nose and Throat Specialists

Frederick Fiber MD Dorothy McCurley Bratton AuD
401 Edith Blvd NE, Albuquerque, NM 87102
(505) 243-8030

EVALUATING EQUILIBRIUM DISORDERS

Dizziness, vertigo and unsteadiness are symptoms associated with the human equilibrium system and cannot be physically examined. We need to evaluate you using the following tests in order to assist in the proper diagnosis.

Audiologic, Immittance and Oto-Acoustic Emissions.

Balance disorders are often accompanied by changes in hearing or the ear function. A thorough evaluation begins with computer testing of the outer, middle and inner ears.

Electrophysiological Studies

Electronystagmography (ENG) and Brainstem Evoked Response- Auditory (BERA)

These sophisticated computer generated tests evaluate the inner ear pathways, the central nervous system, and the connections between eye movement and the brain.

FOR YOUR ENG OR BALANCE TESTING ONLY

1. You will be instructed to refrain from taking certain medications for 48 hours prior to your testing date. Certain medications can influence the body's response to the test, thus giving a false or misleading result. You will find a list below of medications to be avoided prior to testing, however, if you have any questions or concerns about discontinuing your medications please consult your doctor.

- **Anti-nausea medicine** Example: Dramamine, Compazine, Bonine, Marezine, Votrol, Phenergan, Thorazine etc.
- **Anti-vertigo medicine** Example: Anti-vert, Ru-vert, Meclizine.
Transderm Scopolomine patches – these patches must be **removed 5 days prior to testing.**
- **Tranquilizers** Example: Valium, Librium, Atarax, Visteril, Equanil, Miltown, Traival, Serex, Etrafon, Ativan etc.
- **Sedatives** Example: Nembutal, Seconal, Dalmane, Doriden, Placidyl, Quaalude, Butisol, or any other sleeping pills etc.
- **Narcotics and Barbituates** Example: Phenobarbital (see below if taking for seizures), Codeine, Demerol, Dilaudid, Percodan, Phenaphen etc.
- **Anti-histamines** Example: Chlor-trimetron, Dimetane, Disophrol, **Benadryl**, Actifed, Teldrin, Triaminic, any over-the-counter cold remedies etc.
- **Alcohol in any quantity** Example: Including beer, wine and cough medicines containing alcohol.
- **Caffeine products** Example: Coffee, Tea, Colas or Chocolate.

AGAIN, IF YOU HAVE RESERVATIONS ABOUT DISCONTINUING ANY DRUGS, PLEASE CONTACT YOUR PHYSICIAN.

******* ANTI-EPILEPSY AND ANTI-PSYCHOTIC MEDICATIONS, AS WELL AS MEDICATION FOR DIABETES, THYROID, HYPERTENSION, OR HEART DISEASE SHOULD NOT BE DISCONTINUED!!!!!!**

2. Sleep a full night before coming for the test.
3. Please eat lightly for 12 hours prior to 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. Avoid caffeine in coffee and soda.
4. Please refrain from make-up; especially around your eyes.
5. 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. 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.
6. If you wear a hearing aid, bring it with you, with a fresh battery in place.
7. If you wear glasses, be sure to bring them with you. If you wear contacts, you may wear them during the testing, however, your eyes have a tendency to become dry during the test.
8. If you have a hole in your eardrum please let the audiologist know before the test.

If you have not already done so, please have your ears checked to make sure they are clear of wax. If you do have wax, a physician must remove it prior to your appointment.

We make every attempt to make your visit comfortable as well as educational. Once your evaluation is completed each part is carefully evaluated and reviewed. This process is as important as your test, so please understand that your test results will not be discussed in detail at the time of your evaluation.