



## BALANCE EVALUATION PATIENT INSTRUCTIONS

You are scheduled for a test of your balance system. There are a few things you should know prior to your appointment

**Medications:** Certain medications affect the test results. Below is a partial list of medications that should not be taken 48 hours prior to the test. Ask your doctor if you have concerns about discontinuing your medications.

- ALCOHOL: beer, wine, cough medicine.
- ANALGESICS-NARCOTICS: Codeine, Demerol, Phenaphen, Tylenol with codeine, Percocet, Darvocet.
- ANTI-HISTAMINES: Chlor-trimeton, Dimetapp, Disophrol, Benadryl, Actifed, Teldrin, Triaminic, Hismanol, Claritin .. any over-the-counter cold remedies.
- ANTI-SEIZURE MEDICINE: Dilantin, Tegretol, Phenobarbital.
- ANTI-VERTIGO MEDICINE: Anti-vert, Ru-vert, Meclizine.
- ANTI-NAUSEA MEDICINE: Atarax, Dramamine, Compazine, Antivert, Bucladin, Phenergan, Thorazine, Scopalomine, Transdermal.
- SEDATIVES: Halcion, Restoril, Nembutal, Seconal, Dalmane, or any sleeping pill.
- TRANQUILIZERS: Valium, Librium, Atarax, Vistaril, Serax, Ativan, Librax, Tranxene, Xanax.

**\*\*\*You may take blood pressure medications, heart medications, thyroid medication, Tylenol, insulin, estrogen, etc. Always consult with your physician before discontinuing any prescribed medication.**

### **Other limitations:**

- NO caffeine (coffee, soda, tea, etc.) for 4 HOURS before the test
- NO smoking for 4 HOURS before the test
- NO eating for 2 HOURS before the test

### **FOR YOUR YOUR COMFORT AND CONVENIENCE:**

- **DRESS COMFORTABLY. WOMEN SHOULD AVOID WEARING SKIRTS OR DRESSES AS PART OF THE TEST REQUIRES LYING DOWN.**
- **DO NOT WEAR ANY MAKEUP — SOME TESTS WILL REQUIRE PLACING SMALL ADHESIVE ELECTRODES ON THE FACE AND NECK.**
- **DO NOT WEAR CONTACT LENSES THAT DAY. WEAR YOUR GLASSES INSTEAD.**

### **Your Time at the Institute**

A comprehensive battery of testing will be performed during the 3-3.5 hour appointment allocated for you. Prior to each test, an explanation will be given so that you will understand better what is being tested and why. The tests are simple and painless. One or two of the tests may cause a sensation of motion that may linger. If possible, we encourage you to have someone with you for driving purposes. If this is not possible, plan your day to include an extra 15 to 30 minutes after your test before leaving the office.

Once your testing is completed, each part is carefully analyzed and reviewed. This process is as important as your testing, so please understand that your test results will not be discussed in detail with you until several days after your visit. Following the interpretation of the testing, you will return for a visit to review your results with Dr. Mango. A detailed report will also be sent to your referring physician regarding our conclusions and recommendations. Please contact our office if you have any further questions or concerns. We look forward to your visit.

### **SPECIALIZING IN:**

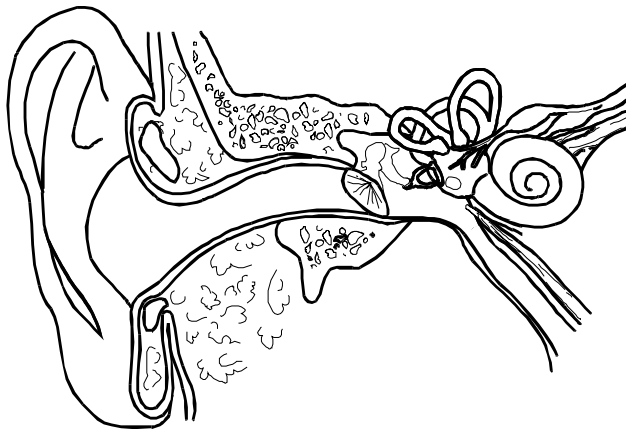
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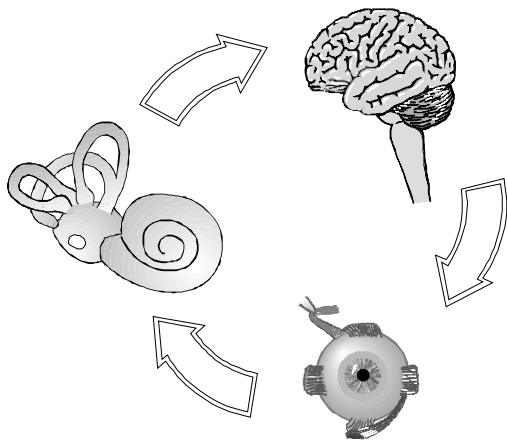
## EVALUATING & TREATING EQUILIBRIUM DISORDERS

Dizziness, vertigo and unsteadiness are symptoms associated with the human equilibrium System and cannot be physically examined. Your physician will request any and/or all of The following studies to assist in the proper diagnosis.



## Audiologic, Immittance, & Oto-Acoustic Emissions

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



## Electrophysiological Studies

- Brainstem Auditory Evoked Potentials
- Video Electronystagmography
- Computerized Dynamic Posturography
- Subject Visual Verticality
- Vestibular Evoked Myogenic Potentials

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

## Treatment

Most balance problems can be treated medically, Surgically or with therapy once they have been Accurately evaluated. Rehabilitation therapy is now Successfully reducing or eliminating dizziness, vertigo And unsteadiness for many patients.

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