Health Facts for You

UWHealth

Videonystagmogram (VNG) / Electronystagmogram (ENG)

Your doctor has scheduled a VNG or (ENG) test for you. The purpose of the test is to check the condition of the balance portion of your inner ear. The results of the test will help in treating the cause of your symptoms.

The test is:

- Simple
- Painless
- Lasts about one hour

Before the Test
Dress comfortable and without any makeup. Do not consume any alcohol 24 hours before your visit. Do not eat or smoke 3-4 hours before. You should not consume any caffeine on the day of the test.

During the Test
Some of the tests will include:

- **Saccade Test:** This will test rapid side to side eye movement.
- **Pursuit Test:** This will measure your ability to follow moving targets.
- **Caloric Test:** This introduces warm water and then cool water into the ear. This will measure the changes in eye movement.

During VNG testing you will wear a special type of goggles that will record your eye movements. For some of the test you will be seated. You will see light targets whose movements are planned and controlled to evoke normal or abnormal movements. For other procedures, such as the caloric test, you will be lying down.

After the Test
You may feel lightheaded after the test. You may want to arrange a ride home just in case. The test will be analyzed by the audiologist and results will be reviewed by your ENT provider. Once you are diagnosed, you will begin treatment, per your ENT provider. This can consist of medicine, dieting, physical therapy, or surgery.

Your ENT provider will either have you schedule a separate appointment to discuss the test results, or they will call you, send you a MyChart message or contact you by mail with the test findings.

Your VNG appointment is scheduled for _____ at _____.

Please come to the Otolaryngology (ENT) Clinic at the University Hospital.

Who to Call
If you have any questions, please call us in the clinic.

Otolaryngology Clinic/Audiology Section
University Hospital
600 Highland Avenue, G3/213
Madison WI 53792-2400
(608) 263-6190
8:00 am to 4:30 pm

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 3/2024 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#_____.