



## Vestibular Clinic Instructions for Vestibular Testing

**\*\* PLEASE NOTE THE FOLLOWING PRE-TEST RESTRICTIONS:**

1. **DO NOT** wear *EYE* makeup.
2. **DO NOT** drink alcohol or take sedatives, tranquilizers, sleeping medications, antihistamines, or medications for dizziness (i.e. meclizine), nausea, or motion sickness for **48 hours before** testing.
3. **YOU SHOULD CONTINUE TO TAKE:** insulin, cardiac, blood pressure, thyroid, birth control, anti-seizure or psychiatric medications including anti-depressants, (i.e. Xanax and Elavil), and over the counter pain medications as needed (i.e. Advil, Tylenol) unless otherwise instructed by your physician.
4. **DO NOT** eat for at least **2 hours before** the test as the tests may cause brief nausea in a few patients.
5. **BRING A DRIVER OR ARRANGE TRANSPORTATION** if you have a history of motion intolerance or if you have been diagnosed with benign paroxysmal positioning vertigo (BPPV).