

## NEURODIAGNOSTIC LABORATORIES

### WHAT IS AN ELECTRONYSTAGMOGRAM (ENG)?:

An ENG is a test designed to give your physician information about the source of your dizziness / unsteadiness. The test takes approximately 2.5 hours. The ENG consists of a series of tasks that stimulate the inner ear and the eyes. You will have electrodes taped near your eyes for the purpose of recording your eye movements. The tasks include watching a moving light, assuming different head positions and caloric stimulation of your ears. The latter portion of the test involves the introduction of warm and cool air into both ear canals.

### HOW TO PREPARE FOR YOUR ENG TEST:

Typical length of test: 2 - 2.5 hours

- Come to the test wearing flat or low-heeled shoes.
- Bring your glasses or contact lenses.
- Please wash your face thoroughly and remove all makeup before the test.
- Please abstain from caffeine (coffee, cola, tea etc.) for one day prior to testing.
- Eat something light prior to testing. Although many people experience some sense of motion sickness, it does not last long. There are no needles or pain associated with ENG.
- Discontinue nonessential medicines 72 hours before testing, including tranquilizers, sleeping pills, decongestants, antihistamines, muscle relaxants, diet pills, pain and vertigo meds.
  
- **Continue medications for heart, blood pressure, diabetes, epilepsy, asthma or blood!**
- Arrange to have someone drive you home after the test in the event that you are still slightly dizzy.
  
- NSMC provides interpreters for non-English speaking patients; please inform the EMG lab whether you will need the interpreter service or if you will bring your own interpreter. Call 978-354-4333 for NSMC Salem Hospital or 781-477-3417 NSMC Union Hospital to discuss our interpreter services.
  
- For patients who speak English but may not be able to easily communicate their medical histories, it is advisable that a family member or friend familiar with your medical history accompanies you to the testing.

### FOLLOW UP:

Your doctor will receive a report within 4-5 days after testing and will contact you with the results.