

## CDP/VNG Test Information and Instructions

**CDP** is a functional assessment of your balance control. CDP tests how well you are able to keep your balance during several different conditions (eyes open, eyes closed, standing on an unstable surface). Testing is done while wearing a safety harness to prevent falls. CDP testing rarely makes anyone feel dizzy or ill.

**VNG** testing involves recording eye movement to test the balance portion of the inner ear. Most of the testing is very easy and involves following a light with your eyes, shaking your head, and moving from a sitting to a laying down position. The last portion of the VNG can cause a sensation of motion for a couple of minutes at a time.

**Please note: There will be a \$35.00 fee for the use of video goggles for the VNG which your insurance may or may not pay for. If your insurance does not pay for this, you will be billed for their use.**

### Important instructions for testing:

- Have someone available to drive you home after testing in the rare case that you feel ill.
- DO NOT eat a large meal prior to testing. Because some people feel ill after testing, we recommend you eat a light meal at least 1 hour before testing and limit liquids before testing.
- Remove all make-up prior to testing (especially eyeliner and mascara).
- Dress comfortably, no dresses or skirts for CDP testing.

**Avoid Medications:** certain medications may change the findings of the CDP/VNG tests. We ask that you do not take non-essential medications for a period of 48 hours prior to the test.

### Please consult your physician before stopping any prescribed medications.

<p><b>Do Not Take:</b></p> <ul style="list-style-type: none"> <li>Alcohol</li> <li>Marijuana (for medicinal or recreational use)</li> <li>Alprazolam (Xanax)</li> <li>Antivert (meclizine)</li> <li>Ativan (Lorazepam)</li> <li>Bonine (meclizine)</li> <li>Clonapin (Klonazepam)</li> <li>Diazepam (Valium)</li> <li>Dramamine</li> <li>Klonazepam (Clonapin)</li> <li>Lorazepam (ativan)</li> <li>Meclizine (antivert)</li> <li>Valium (diazepam)</li> <li>Xanax (Alprazolam)</li> </ul>	<p><b>Continue to Take:</b></p> <p>Any medication for:</p> <ul style="list-style-type: none"> <li>Heart Problems</li> <li>High blood pressure</li> <li>Diabetes</li> <li>Seizure prevention</li> <li>Thyroid</li> <li>Hormones</li> <li>Antibiotics</li> <li>Tylenol</li> <li>Maalox</li> <li>Verelan</li> <li>Most decongestants without codeine</li> </ul>
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**Any medical questions, including medications, please consult your physician.** For any questions regarding the VNG testing procedure, please contact an Audiologist at our clinic: 509-624-2326.

If you need to reschedule your appointment, please call at least 48 hours in advance. The CDP and VNG test requires a large block of time to be reserved. Failure to notify the clinic of an appointment cancellation 48 hours prior to testing will result in a \$50.00 cancellation charge, as well as a 3 month waiting period before you can be rescheduled. Due to the length of these tests it is critical that you arrive on time. Patients who arrive 15 minutes late may have to be rescheduled.

**Please Note: There may be a scheduled gap between the end of your testing and the physician visit. You may wish to bring something to pass the time between your testing with our audiologist and your physician visit. You should plan on spending the majority of your morning or afternoon with us when having your testing & physician visit the same day.**