



Please Read & Follow All Instructions [Questions call 204-787-7256]

You are scheduled to have an assessment in the Vestibular Laboratory at the Health Sciences Centre Winnipeg.

The vestibular system provides information to the brain regarding movement and position. Your physician is requesting this assessment to assist in your medical care. Prior to beginning the evaluation, the technologist will ask several questions regarding your health and the medications you take.

This exam generally takes between 30 to 90 minutes to complete.

This test will not hurt. There are no needles and none of the tests are painful. Some individuals find the water placement in the ears during the ENG results in dizziness. The dizziness subsides after the placement of the water has stopped. You cannot drive yourself home following the test.

The results will be sent to your doctor. It may take up to 4 weeks for the tests to be interpreted.

The Vestibular Lab at Health Sciences Centre performs three types of tests;

Rotary Chair Test

Involves measuring eye movements as a result of rotation. A specialized chair rotates at different speeds. It is not fast or dangerous, but the test does feel "strange." Most people find the test interesting. It may make you feel dizzy, particularly if you are anxious.

Vestibular-Evoked Myogenic Potentials (VEMP)

Records electrical impulses from a muscle in your neck as a result of sound provide to the ear. These sounds stimulate part of the balance sensors in the ear. The technician will place electrodes on your neck and face and ask you to lift your head off the headrest to provide some muscle tone for the test.

Electronystagmography (ENG)

Assesses the relationship between balance and eye movements using a specialized computer system and video equipped goggles. The test involves gentle irrigation of both ears with warm and cool water. This will likely result in a sense of dizziness.



Preparation for the test includes the following:

DO NOT eat a heavy meal within several hours of the test.

DO NOT wear make-up.

Eye make-up such as mascara, foundation or powder will interfere with the ability to accurately track eye movement during the test.

Consumables & Medications:

DO NOT drink alcohol, or take medications such as Tranquilizer's, Narcotics, Sedatives, Cannabis, cold medications, sleeping aides or anti-anxiety medications for 48 hours prior to testing.

DO NOT take medications for dizziness or nausea. This includes Gravol for 48 hours prior to testing.

Please take all other regular medications as prescribed.

DO NOT consume any caffeine in advance of the test.

Please bring a list of all current medications.

Please wear a top that will allow access to your neck.

Please arrange for someone to drive you home from the test.

Questions or concerns, please contact the Vestibular Laboratory: 204-787-7256