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Pre-ENG-VNG Instructions

At Texas Therapeutic Medical Specialties, we will perform state of the art testing on all components of our centers of balance. This testing will take an hour to an hour and a half, so if for any reason you cannot keep your appointment, please call (903) 212-4399 as soon as possible.

If you tend to become dizzy with movement, ear, or visual stimulation, you will most likely experience those symptoms at some time during your testing. For this reason, it is recommended that you have someone accompany you and drive you to the clinic on the day of testing.

It is important that your ears are not obstructed, therefore Dr. Morton will need to have examined your ears recently, and if there is any question about this, your ears can be checked again before you test. Also do not forget to remove any (in the ear) hearing devices. Certain medications may also alter the results of inner ear tests; therefore it is best to discontinue any nonessential medications 48 hours before you undergo testing. If you have any questions about essential vs. non-essential medications, please call your prescribing physician or the clinic.

The medications most important for you to discontinue before your inner ear testing include:

1. "Inner ear" or "dizzy" pills—these include antivert or meclizine, Dramamine, scopolamine and Phenergan.
2. Antihistamines—any medications for colds and allergies, such as Benadryl, Zyrtec cough medications, etc.
3. Aspirin—if not medically necessary.
4. Sleeping pills.
5. Sedatives and tranquilizers—Valium, Ativan, Xanax, etc.
6. Pain medications, muscle relaxers, or narcotics of any kind.
7. Alcoholic beverages.
8. Caffeine.
9. Diuretics—fluid pills, prescribed for dizziness.
10. Certain herbal remedies—gingko, valerian, St. John's Wort, etc.
11. Any medications that may contain any of the above.

This list is not all-inclusive, so if you have any questions, again, please call the clinic or your prescribing physician. It is best not to eat or drink within 2 hours before your test is to begin. Do not apply creams, lotions or make-up, especially eye make-up to your face before your test. This can interfere with electrical and video recordings. Dress comfortably. Consider wearing loose fitting jeans or slacks. Wear shoes that are easy to slip on and off for balance testing. Remember, if you have any questions feel free to call at (903) 212-4399 so Dr. Morton and his staff can help.