

Diagnostic Testing Information Sheet

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Appointment Details:

Patient Name: _____ Appointment Date: _____
Appointment Time: _____ Appointment Location: _____

About the Diagnostic Testing:

Hello and welcome! Thank you for allowing us to perform your diagnostic testing. Please do not be nervous about the testing as the procedures are minimally invasive. The methods of testing are performed by a trained Vestibular Technician and have been used for over 50+ years as standard medical practice. The diagnostic tests evaluate how well your inner ears and brain work together to coordinate the function of your balance. The data collected provides information about whether or not a vestibular deficit is the cause of your imbalance or dizziness. For a portion of the testing you will be wearing lightweight video goggles to record your eye movements. Other portions you will be standing and/or sitting/laying down. Each test performed is important to paint a complete picture of the potential underlying causes of dizziness/imbalance. The appointments typically last 90 minutes or more so please plan accordingly.

Listed below is important information regarding preparation for your upcoming appointment:

- o Refrain from wearing **ANY and ALL** eye makeup to your appointment. This includes mascara and eyeliner.
- o **No fake eyelashes.** Fake eyelashes **MUST** be removed prior to testing or your appointment will be rescheduled.
- o If you have colored contacts, please bring an extra case as you **MAY** possibly have to remove them for a portion of the testing.
- o Thoroughly clean your ears 24 hours before your appointment. Unclean ears, can result in failure to get accurate test data.
- o Please arrive 15 minutes prior to your scheduled appointment time to allow for timely check-in, paperwork preparation, etc.
- o If you are more than 15 minutes late for your appointment, your appointment **WILL** be rescheduled for another day.
- o If possible, please refrain from taking any of the following medications at least 48 hours prior to testing:
 - ◆ Sleeping pills
 - ◆ Sedatives or muscle relaxants
 - ◆ Antidepressants
 - ◆ Anti-dizzy and anti-nausea medications
 - ◆ Narcotics or Barbiturates
 - ◆ Benadryl
- o Please continue to take all blood pressure, thyroid, heart medications, hormones, and anti-seizure medications that you have been prescribed. There is no need to discontinue any of these medications.
- o Please eat nothing at least 3 hours prior to testing.
- o Refrain from alcohol for 48 hours prior to testing.
- o You may feel dizzy after completion of the test, so you **MAY** want to have someone drive you home from your appointment. It is not required.
- o Wear comfortable clothing, you will be standing, sitting and/or lying on a table for the duration of the testing. Please wear shoes that are easy to remove. You may be required to remove them for a particular diagnostic test.
- o If you are under 18 years of age, a parent must be in the room with a patient while the test is performed. No additional children may be brought to the appointment.

Additional Information:

If you have additional questions about the testing, or if you need to cancel or reschedule your appointment, please reach out to the doctors' office directly. The results from your testing may take up to 2 weeks to be completed and will be available at your doctors' office. Please direct all questions related to your results, and how to follow up, to your doctors' office.

Thank you for allowing Topple Diagnostics to serve you!