



Patient Instructions

You will be instructed to refrain from taking certain medications for 48 hours prior to your test date. Certain medications can influence the body's response to the test, thus giving a false or misleading result. You will find a short list below, however if you have any questions or concerns about discontinuing your medications please consult your doctor.

Alcohol: beer, wine, cough medicine. **Analgesics - Narcotics:** Codeine, Demerol, Phenaphen, Tylenol with codeine, Percocet, Darvocet. **Anti-histamines:** Chlor-trimeton, Dimetapp, Disophrol, Benadryl, Actifed, Teldrin, Triaminic, Hismanol, Claritin .. any over-the-counter cold remedies. **Anti-seizure medicine:** Dilantin, Tegretol, Phenobarbital. **Anti-vertigo medicine:** Anti-vert, Ru-vert, Meclizine. **Anti-nausea medicine:** Atarax, Dramamine, Compazine, Antivert, Bucladin, Phenergan, Thorazine, Scopalomine, Transdermal. **Sedatives:** Halcion, Restoril, Nembutal, Seconal, Dalmane, or any sleeping pill. **Tranquilizers:** Valium, Librium, Atarax, Vistaril, Serax, Ativan, Librax, Tranxene, Xanax.

***You *may take* blood pressure medications, heart medications, thyroid medication, Tylenol, insulin, estrogen, etc. Always consult with your physician before discontinuing any prescribed medication.

Please eat lightly for 12 hours prior to your appointment. If your appointment is in the morning you may have a light breakfast such as toast and juice. If your appointment is in the afternoon eat a light breakfast and have a light snack for lunch. *Please avoid caffeine in beverages such as coffee or soft drinks.*

Testing may cause a sensation of motion that may linger. If possible we encourage you to have someone accompany you to and from the appointment, however, if this is not possible try to plan your day to include an extra 15 to 30 minutes after your test before leaving the office.

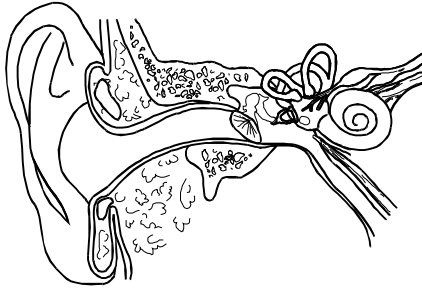
Your Time at the Institute

A comprehensive battery of tests will be performed during the two hour appointment allocated for you. Prior to each test an explanation will be given so that you will have a better understanding of what is being tested and why. We make every attempt to make your visit comfortable as well as educational.

Once your evaluation is completed each part is carefully evaluated and reviewed. This process is as important as your test, so please understand that your test results will not be discussed in detail at the time of your evaluation. Once the interpretation has been made a detailed report will be forwarded to you and/or your referring physician.

EVALUATING & TREATING EQUILIBRIUM DISORDERS

Dizziness, vertigo and unsteadiness are symptoms associated with the human equilibrium System and cannot be physically examined. Your physician will request any and/or all of The following studies to assist in the proper diagnosis.



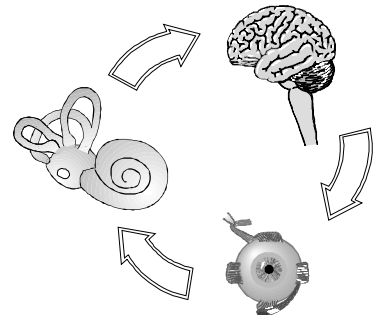
Audiologic, Immittance, & Oto-Acoustic Emissions

Balance disorders are often accompanied by changes in hearing or the ears function. A thorough evaluation begins with computer testing of the outer, middle and inner ears.

Electrophysiological Studies

- Brainstem Auditory Evoked Potentials
- Electronystagmography
- Electrocochleography
- Electro-oculography
- Vestibulo Autorotation

These sophisticated computer generated tests evaluate the inner ear pathways, the central nervous system, and the connections between eye movement and the brain.



Sensory Organization Performance



Normal balance requires the correct information from the balance center portion of the inner ear, the eyes and the pressure sensors in the feet, ankles, muscles and joints. This evaluates your postural stability. The eight sensory conditions isolate each of the three principle balance senses of vision, inner ear, and touch, and determines the function of each.

Treatment

Most balance problems can be treated medically, Surgically or with therapy once they have been Accurately evaluated. Rehabilitation therapy is now Successfully reducing or eliminating dizziness, vertigo And unsteadiness for many patients.

