

## INSTRUCTIONS FOR PATIENTS BEFORE BALANCE TESTS

These balance tests may make you feel dizzy and will take up to 90 minutes to complete. Please bring someone with you who can drive home.

Many medications can alter your test results so please avoid the following medications or substances 24 hours before the test- Sleeping pills, Alcohol, tranquilizers, narcotic pain medications, marijuana or other mind altering drugs, Serc/Betahistine, antihistamines, any dizziness medication, Cold/Allergy pills and Gravol.

Take all regular medications for heart, diabetes, high blood pressure, thyroid, seizure medications, antibiotics and birth control pills. If you are unsure please call the clinic to verify at 905-471-4479.

Do not eat, smoke, or drink coffee (or caffeine drinks) for 3 hours before the testing. Remove any contact lenses and wear comfortable clothes.

The tests may include (1) Caloric test where water is put into your ears at specific temperatures, (2) Positional tests where your head and body are moved in specific positions, (3) Eye movement testing, (4) Muscle response to sounds, and (5) Advanced hearing tests.

All cancellations or re-scheduling must be done 48 hours in advance or a charge will be applied to the patient.