The Electronystagmography Test

Because of your problems of dizziness or loss of balance, you have been referred for electronystagmography (ENG). The ENG test evaluates the balance function of your inner ear. This is not an uncomfortable procedure and is used in conjunction with other tests to help the doctor determine the cause of your problem.

The test takes about one and a half hours and involves the placement of electrodes on your head. These electrodes record your eye movements throughout the test.

The electrodes cause no pain and will not deliver any electrical shocks.

During the test we will ask you to move into several positions such as lying on your side, your back, and sitting up. At times we will also ask you to watch some blinking lights which move back and forth in front of your eyes.

Finally, different temperatures of air will be put into your ears. This often results in your having a feeling of dizziness, but this dizzy feeling usually only lasts a few minutes.

Because the results which we obtain are detailed and extensive and your doctor needs time to study them in conjunction with other tests, the results cannot be given to you immediately after the test. When all the information is processed, your doctor will contact you for a discussion of the results.

Prior to the test, we ask that you do the following:

1. Refrain from drinking alcoholic beverages 24 hours before your test.
2. Do not use coffee or tobacco on the morning of the test.
3. Do not wear foundation or eye makeup at the time of the test as it is necessary for us to remove it for placement of the electrodes.
4. If you wear glasses, please bring them for this test. If you wear contact lenses, be prepared to remove them for the test.
5. Advice regarding the discontinuation of any medication which you may be on will be given by the doctor referring you for the ENG.

Please do not plan on driving a vehicle immediately after the ENG test. If possible arrange for someone else to drive you home from your appointment.

We appreciate your cooperation in the above. If you have any questions or concerns, please do not hesitate to ask your doctor or contact Kristin Nytes, M.S. at The Sheboygan Clinic. Phone 457-4461.