



**\* IMPORTANT INFORMATION CONCERNING YOUR TESTING \***

**1. MEDICATIONS**

**DO NOT TAKE: 24 hours before testing**

- tranquilizers, sleeping pills, drugs for dizziness or for allergies.
- alcohol

**CONTINUE TAKING:**

- medications for conditions such as: diabetes, heart disease, high blood pressure, or seizures

*Note: consult your prescribing physician if you are unsure about discontinuing any medications.*

**2. DIET – avoid / limit caffeine**

- DIABETIC PATIENTS - eat as usual
- ALL Others - observe a light diet for 3 hours before testing.

**3. CLOTHING**

- Wear pants, socks, and comfortable loose fitting clothing
- Do NOT wear any makeup, perfumes, or colognes.

**4. GENERAL**

- Arrive 30 minutes before your appointment for parking, check-in and registration.
- Bring your completed Balance Center questionnaire with you.
- You may feel dizzy after testing. Bringing someone with you to drive is advisable.
- Results will be forwarded to your referring physician within one week.

**DESCRIPTION OF BALANCE TESTS**

Information from your eyes, feet, and balance organs in your ears help you keep your balance. Balance tests help your doctor to determine what part(s) of the balance system may be causing your symptoms. The tests are painless, but some of them may make you feel unsteady, dizzy, or occasionally nauseated for a few minutes. This does not happen to every patient, and most patients do not have any trouble with the testing. If you have bothersome symptoms during testing, we will give you a break to recover.

The typical balance study lasts two hours. You will take one or more of the following tests:

Hearing Testing: (Billing Codes: 92557, 92550).

You will watch moving lights while we record your eye movements. You will be asked to move into various positions while lying on a bed. For the final part of the test, the examiner will put warm and/or cool water into your outer ear while you are lying down. This is not painful, but may make you feel lightheaded or dizzy for a brief period. (Billing Codes: 92540, 92543, 92586 - - one or more may be used based on testing performed).

You may stand on a platform that tells us how much you sway. The platform moves back and forth slightly at times during the test. The examiner will explain what will happen before each set of movements. You will be wearing a safety harness so that you cannot fall. (Billing Code: 92548).

You may be sitting in the dark for a short time, in a chair, which moves in a gentle, side-to-side motion. During this test, the examiner will be talking with you and watching you with a camera. (Billing Code: 92546).

**Division of Audiology**

<http://pennhealth.com/ent/services/audiology.html>

Appointments:

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