

Patient & Family Instructions

Electrocochleography/Electronystagmograph (ECOG/ENG Testing)

Date: _____

Time: _____

You have been scheduled for the testing mentioned above. Please report to the 5th floor, ENT Department at The Kirklin Clinic of UAB Hospital and proceed to the front desk to register. If you cannot keep your appointment, please call (205) 934-9766 as soon as possible to reschedule.

The **ECOG test** is similar to a hearing test. You will be lying down, and the audiologist will scrub your forehead and ear canal before attaching electrode stickers. After the electrodes are in place, earphones will be placed in the ear canals. You will hear a loud series of clicks. During this test, it is best that you relax as much as possible and keep your eyes closed. No responses are needed from you. It is very important to stay as still as possible. Any movement (especially eye movement) can cause interference and affect the reliability of the test.

The **ENG test** is designed to give your doctor information about the source of your dizziness or unsteadiness. There are 3 parts to this the test. (1.) Occulomotor Testing: You will watch a target light that is either stationary or in motion. (2.) Positional Testing: You will move through various head positions while lying on your back. (3.) Caloric Testing: Your ears will be irrigated with cool/warm water for 30 seconds. Although many people experience some dizziness during this part of the testing, the dizziness does not last long. Please come to your appointment with an adult who could drive you home if you do not feel well after the test.

These tests today will take approximately 90 to 105 minutes to complete.

WE ASK THAT YOU FOLLOW THESE INSTRUCTIONS EXACTLY:

1. You will not be able to wear your glasses.
2. Apply no makeup (eyeliner or mascara) or other skin preparations before testing due to the goggles and/or electrodes that will be used during the tests.
3. On the morning of the tests, you may eat a light breakfast. If you are scheduled in the afternoon for testing, you may eat a light lunch. Do not consume greasy foods, coffee, tea, cola, or chocolate.
4. Do not smoke for 2 days before the test.
5. Do not take any muscle relaxers or medications for dizziness, allergies, nerves, sleeping, diet, pain, sinus, cold, congestion, or nausea for 2 days prior to the tests. After the tests, you can resume all medicines. Specific examples to avoid include, but are not limited to, Meclizine, Anitvert, Dramamine, Benadryl, and any medication that can make you sleepy.
6. Take medicines for your heart, lungs, blood pressure, diabetes, or seizures. For patients taking insulin, contact the doctor who ordered the insulin and ask how he or she wants you to take it on the day of your testing.

If you follow these directions, the tests can be conducted more easily and make your doctor's diagnosis and treatment more accurate. If you have questions about any of these instructions, call our office at 205-934-9766 to speak with your doctor's nurse.