

Preparing for your equilibrium evaluation

Please discontinue the following medications for 48 hours prior to your scheduled test:

Allergy medication/antihistamines	Chlor-Trimeton, Dimetapp, Benadryl, Actifed, Teldrin, Triaminic, Claritin, any over the counter cold remedies
Tranquilizers	Valium, Librium, Atarax, Vistaril, Serax, Ativan, Librax, Tranxene, Xanax
Sedatives	Alcion, Restoril, Nembutal, Seconal, Dalmane, or any sleeping aids/pills
Decongestants	
Pain pills/narcotic analgesics	codeine, Demerol, Phenaphen, Tylenol (with or without codeine), Percocet, Darvocet, Percodan, phenobarbital, antidepressants
Diet pills	
Nerve/muscle relaxant	Flexeril, Robaxin, Valium
Dizziness pills	Antivert, meclizine, Bonine, medicinal ear patches
Anything for pain	aspirin, aspirin substitutes, Tylenol, etc.

**** If you have any concerns about discontinuing any medications, please consult your physician. ****

ADDITIONAL INSTRUCTIONS:

- Clean face; no makeup
- Remove contact lenses before the exam; bring your eyeglasses
- No solid foods for 3 hours prior to your appointment. If your appointment is in the morning, you may have a light breakfast, such as toast and juice. If in the afternoon, eat breakfast and a light snack for lunch
- Avoid caffeine, coffee, tea, or cola the day of the evaluation
- No alcoholic beverages/liquid medication containing alcohol 48 hours before the test
- Please bring a pair of socks and a light jacket for your comfort during the test
- Let us know if you are a diabetic or have a false eye

“Maintenance” medications such as heart, blood pressure, diabetes, or seizure drugs should be taken as normal. If you are on a diuretic, discontinue for 24 hours.

All medications can be immediately resumed after the test.

We encourage you have someone accompany you to and from the appointment; however, if this is not possible, plan to allow an extra 15-30 minutes after your test and prior to leaving our office.

Once your evaluation is complete, a report will be forwarded to your referring physician.

**** Please contact your referring physician’s office to schedule a follow-up appointment. ****