



**Rocky Mountain
Internal Medicine, PC.**

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Vestibular Test

What is it?

A Vestibular test will check your response to changes in body position (balance).

How long will it take?

It takes about 45 minutes to 1 hour to perform a complete scan.

How is it performed?

You will be seated on a table and will be wearing goggles that monitor your eye movement. Different images will be projected on the wall in front of you, and your eye motion will be recorded. Also, you may have a temperature test performed. This is where warm or cool air will be blown into your ear, and your eye movement recorded as well.

What should I do to prepare?

Make sure to have a light meal prior to your appointment. Try to avoid beverages with caffeine, such as tea, coffee, or sodas. Also, please do Not wear any make-up!

When will my results be ready?

The test results will be ready as soon as the scan is completed. However, the report must be read by a doctor first, and this may take 2-3 days. If anything abnormal is found, we will call you and let you know.

Your doctor should instruct you to temporarily discontinue specific medications so a proper test result can be obtained. **Always consult your physician before discontinuing any prescribed medication.**

Here is a list of substances that may cause false results:

Alcohol: beer, wine, cough medicine, analgesics

Narcotics: Codeine, Percocet, Darvocet

Anti Histamines: ChlorTrimeton, Dimetapp, Benadryl, Actified, Teldrin, Triaminic, Hismanol, Claritin, an OTC cold remedies

Anti-Seizure Medication: Dilatin, Tegretol, Phenobarbital

Anti-Vertigo Medication: Anti-Vert, Ru-Vert, Meclizine

Anti-Nausea Medication: Atarax, Dramanmine, Coompazine, Antivert, Bucladin, Phenergan, Thorazine, Scopalomine, Transdermal

Sedatives: Halcion, Restoril, Nembutal, Seconal, Dalmane, or any sleeping pill

Tranquilizer: Valium, Librium, Atarax, Vistaril, Serax, Altivan, Librax, Tranzene, Xanax

Anything else I should know?

- Please do not wear any makeup!
- Testing may cause a sensation of motion that may linger. We strongly encourage you to have someone accompany you to and from the appointment. If this is not possible, please try and plan your day to include an extra 15-30 minutes to rest after your appointment prior to leaving.

If for any reason you feel you will be unable to come to your appointment, please call the office at 303-337-5575 and reschedule.