



**CENTER FOR VESTIBULAR & BALANCE DISORDERS  
(A division of University Otolaryngology)**

**Gait and Balance Testing**

Your doctor has requested the test listed below and the procedure will be explained by the technician before beginning the test. In general, the test will analyze the different components that make up your balance system. The test is "non-invasive" very well tolerated and not harmful. Please ask the technician any questions you have regarding the testing. Also, inform the technician if you are experiencing any discomfort or need "a break" or "a rest". We are not testing your eyes. We are using your eye movements to help measure the response to inner ear stimulation.

**Vestibular Function and Visual-Vestibular Interaction Test (Rotary Chair testing)**

In the beginning of the test, you will look at some moving lights. Throughout this testing, the technician will ask you simple questions to keep you alert during the testing. We are not testing your hearing. The rotation tests take a total of 30 minutes. Your eye movements are recorded as you sit in a darkened room in a chair that slowly rotates back and forth. It does not continually spin in one direction, and it is **not** moving quickly.

**Dr. Ramocki and/or your doctor will explain the results of the testing and how it relates to your diagnosis. If you find it necessary to cancel your scheduled appointment, please notify us no less than 48 hours in advance so that we may give your appointment time to someone else.**

**Please plan for someone to accompany you to and from the office on the day of testing.**

**Beginning 2 days prior to your test appointment**

**DO NOT take cold, cough or allergy medications 48 hours prior to testing.**

Examples: Zyrtec, Claritin medications

**DO NOT TAKE Benzodiazepines that are “as needed” 48 hours prior to testing**

alprazolam (Xanax) chlordiazepoxide (Librium) clonazepam (Klonopin)

clorazepate (Tranxene) diazepam (Valium) estazolam (Prosom) flurazepam (Dalmane)

lorazepam (Ativan)

**DO NOT take Meclizine 48 hours prior to testing.**

**DO NOT eat or drink any items that contain alcohol or caffeine in them for 24 hours prior to your appointment (including cough suppressants containing up to 15% alcohol, Coffee/Tea, Soda’s, energy drinks.**

**DO NOT wear any lotions, Sunscreen or make-up or anything with Oils mainly on or around the eye area the day of your appointment. Do not wear Mascara or Eyeliner – if you have Tattooed eyeliner, please bring a white cover up to white out the tattoo area.**

**On the day of your appointment avoid eating any heavy meals, but do not fast.**

**Our office is open Monday- Friday 9:00 AM to 5:00 PM.**

**Our staff is available to answer any questions at 401-626-3752.**