

### The ENG Evaluation

The ENG test, or electronystagmography, is a test of the balance system. The ear performs two functions, hearing and maintaining balance. In order to assess the balance function, we monitor eye movements. We are able to record these movements via electrodes placed around the eyes or with goggles containing a video camera. NOTE: Please do not wear eye make-up or high neck clothing (i.e. turtlenecks)

The ENG test takes approximately 1 ½- 2 hours and may consist of the following:

- A series of screening tests - you will be asked to stand with eyes open and closed in various positions.
- Following a visual target on a light bar with your eyes
- Laying with your head/body in multiple positions on an exam table
- Air OR water balloon test – a stream of air or water inflated balloon will be inserted into the ear to stimulate the balance system
  - \*Glen Burnie & Columbia – Air testing
  - \*Annapolis – Water balloon testing

#### Helpful Hints:

- If you are taking the test in the morning (before 12 noon) you may eat a **light breakfast**. If you are taking the test in the afternoon (at or after 12 noon) **eat a light breakfast and a light lunch. NOTE: If you have a medical condition that will not allow you to fast please maintain your eating routine.**
- Please have somebody available to drive you home. One side effect of the test is that you might feel off balance for a short period of time.
- While during the testing you may become dizzy, this procedure *will not* trigger a “dizzy spell”

If you have any questions or are unable to keep your appointment, please call our office at 410-760-8840.

**If you are unable to keep this appointment, you must notify the office 2 business days prior to the testing. Failure to notify the office of cancellation 2 business days prior to testing will result in the patient being charged a \$50.00 fee. This fee is not covered by your insurance company.**