

Coastal Ear, Nose & Throat Associates, PLLC

DIRECTIONS FOR DIAGNOSTIC WORK-UP

If you are seeing a doctor and/or audiologist for a dizziness or vertigo evaluation and testing, you will need to follow these instructions:

- 1) **DO NOT TAKE ANY DIZZINESS MEDICATION FOR 48 HOURS PRIOR TO YOUR APPOINTMENT (ANTIVERT OR MECLIZINE)**
- 2) **DO NOT TAKE ANY ALCOHOLIC BEVERAGES FOR 48 HOURS PRIOR TO YOUR APPOINTMENT**
- 3) **DO NOT TAKE ANY TRANQUILIZERS, SEDATIVES OR SLEEPING PILLS FOR 48 HOURS PRIOR TO YOUR APPOINTMENT**
- 4) **DO NOT TAKE ANY ANTIHISTAMINES FOR 48 HOURS PRIOR TO YOUR APPOINTMENT**
- 5) **DO NOT TAKE ANY NARCOTIC PAIN MEDICATIONS FOR 48 HOURS PRIOR TO YOUR APPOINTMENT**
- 6) **DO NOT WEAR ANY MAKEUP (IT MAY BE NECESSARY TO REMOVE EYE MAKEUP IF IT IS WORN SINCE IT MAY INTERFERE WITH TESTING.)**

It is very important that you follow these instructions. Failure to follow them may result in alterations in the tests.

You may eat a light breakfast or lunch the day of your testing.

You may want to have someone available to drive you home.

If you have any questions of medications or with these directions please call.

Our number in New Bern is 252-638-2515 or 800-638-2515

If you are having a work-up for dizziness or balance problems be prepared to be here **at least** 2 hours.