

NY Center For
Ear, Nose Throat, Sinus & Allergy, LLP

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Instructions for Video Balance test

If possible, **avoid any medications prescribed for dizziness 48 hours before your balance test.** DO NOT discontinue other medications for high blood pressure, cardiovascular disease, diabetes or other medical disorders.

Eating before the test is allowed; nevertheless a **lighter than normal breakfast** is recommended.

If possible, **have someone bring you to your appointment.** At times, some of our patients experience dizziness of short duration after testing.

Your face should be thoroughly washed; **no creams, makeup or lotion should be worn.**

Our staff is available to address any other questions or concerns.

Thank you.