



Neurodiagnostic Evaluation Instructions

Similar to the anatomy details provided by imaging studies such as an MRI or CT Scan, this family of tests looks at the full functionality of the balance system, how each part works together and where problems may arise. Some portions of this test are not covered by insurance. You are responsible for an initial out of pocket cost of \$130.25 (has been seen in our practice before) or \$156 (new patient to CH). This is collected as a deposit and used as cancellation fee if we are not notified of cancellation 48-hours in advance. This will increase up to \$110.58 if treatment is warranted and completed at your appointment. The completed tests will be filed with your insurance. Your full out of pocket cost will depend on your insurance, copays and deductibles.

Balance and the Vestibular System

The inner ear involved with balance is called the *vestibular system*. It sends information to the brain about balance and the position of the head and body. Balance is a complex interaction which requires input from our vestibular system, our vision and the sensation we receive from our feet, muscles, and joints. If any one of these systems are not working properly, you will likely suffer loss of balance.

What to Expect During Your Appointment

The testing is not painful and our doctors will make sure you are comfortable during the evaluation. All testing is state of the art and mainly computer based. As we are looking for the cause of your dizziness, examination will include evaluating the inner ear, eye movement and neurological connection that links them all together. Everybody's reaction is different. If you're already dealing with dizziness symptoms, the tests will not make them worse and they won't cause previous dizziness episodes to return. Testing will take 1 1/2 - 2 hours.

Preparing for Your Evaluation

So we can obtain accurate results, we ask that you please review and follow the instructions below:

1. **Bring your Photo ID, Insurance Card and List of Medications.**
2. **Dress comfortably.** Avoid tight or dressy clothing.
3. **Do not wear any makeup**, including mascara, eye liner, or face lotions. These may interfere with the recordings.
4. **Do not drink alcoholic** beverages for 48 hours before the test.
5. If possible, **please refrain from taking the following medications** for 48 hours prior to your appointment. Anti-vertigo medicines: Anti-vert, Ru-vert, or Meclizine; Anti-nausea medicine: Atarax, Dramamine, Compazine, Antiver, Bucladin Phenergan, Thorazine, Scopolamine, Transdermal. These medications can influence the body's response to the test, thus giving a false or misleading result.
6. **Vital medications SHOULD NOT be stopped.** Continue to take medications for heart, blood pressure, thyroid, anticoagulants, birth control, antidepressants, and diabetes. If you are unsure about discontinuing a particular medication, please call your physician to determine if it is medically safe for you to be without them for 48 hours.
7. **Eat lightly** the day of your appointment. If your appointment is in the morning you may have a light breakfast such as toast and juice. If your appointment is in the afternoon, eat a light breakfast and have a light snack for lunch.
8. If possible, **we encourage you to have someone accompany you** to and from the appointment. Testing may cause a sensation of motion that may linger. However, if this is not possible, plan your day to include an extra 15 to 30 minutes after your test before leaving the office.

Your appointment is scheduled for 1.5 - 2 Hours. If we do not receive a 48-hour cancellation notice, your deposit will be kept as a cancellation fee and will not be refunded. REVISED 03.2023