

New Hampshire Hearing and Balance
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Balance Test Instructions

You have been scheduled for a test of your balance system. This is a battery of tests, designed to take a closer look at your symptoms of imbalance. The tests are fairly simple; however, some of them may make you feel nauseous.

Alcoholic beverages and certain medications will distort the results and possibly give us false results. In order to obtain an accurate test, it is extremely important that you **NOT** take any drugs, except life-sustaining ones, for at least 48 hours before the time of your appointment. It is especially important that you not take any of the following drugs.

- Sleeping pills
- Tranquilizers
- Barbiturates
- Alcoholic beverages
- Any anti-dizzy pills, such as valium, Librium, bonine, antivert, meclizine or any other "nerve" pill.
- Antihistamines or any cold medications

PLEASE DO NOT WEAR ANY EYE MAKE-UP.

If you have any questions at all, as to whether you should stop taking a drug or not, ask your doctor. The day of your test we suggest for your comfort that you eat lightly before your appointment. Also please wear comfortable wearing shoes, that are easy to take on and off during your visit here. Thank You

If you have any questions, please call: (603) 436-4655