

## Patient Instructions for Balance / Vestibular Testing

You are scheduled for a test of your balance mechanism. The balance test is a simple procedure requiring about 1 1/2 hours. The results will allow your physician to determine if you have any balance problems related to your head position or to your inner ear. If your physician has also ordered an Auditory Brainstem Response ( ABR ) test and or a hearing evaluation it will take approximately 2 hours to complete all the tests.

**\*\*\* All appointments must be confirmed with our office the day before. \*\*\***

Certain medications often affect the result of these tests. In order to prevent this from happening.

**\*\*Do not take any of the following medications or beverages for 24 hours before your appointment. \*\***

- Anti - dizzy pills ( ex: Meclazine )
- Tranquilizers
- Barbituates
- Sedatives ( ex: Valium , Xanax , or Ativan)
- Muscles Relaxants
- Alcoholic Beverages
- Antihistamines ( ex: Antivert, Benadryl, etc. )
- Sleeping Pills

You may take your heart, blood pressure, and diabetic medications. Specific questions about medications should be directed toward your physician.

### **For morning appointment:**

Do not eat or drink anything after midnight the night before your appointment. Dress comfortably. No makeup should be worn.

### **We require the following at the time of service:**

- Insurance card(s) and photo id.
- A physician referral form ( if required by your insurance )
- Payment of your deductible or co-pay. Medicare patients who do not have a supplemental insurance policy will be responsible for their portion of the bill.

We will bill your insurance company. However, you will be financially responsible for any balance that remains after your insurance company has paid its portion. Please call us at 815-939-2024 if you have any questions.

***Dr. Peter D. Sotiropoulos, A.u.D., CCC-A***  
***1455 West Court Street***  
***Kankakee, IL 60901***  
***815-939-2024***