

Arizona Neurology and Sleep Center

What to expect from your dizzy or balance test.

Successful outcomes in the treatment of dizziness and balance problems are dependent upon an accurate diagnosis and subsequently targeting treatment/therapy to the specific set of problems. At Arizona Neurology and Sleep Center, our diagnosticians and therapists work together as a team along with your physician. The goal is to help you maintain your independence and quality of life.

What should I expect on my first visit and how long are the examinations?

Dizziness or balance examinations will include evaluating the eye movement and neurological connections that links them all together.

What type of testing do you do and will the examination be uncomfortable?

The testing is not painful and our diagnostician will make sure you are comfortable during the evaluation. All testing is state of the art and computer based. Our diagnostician will perform a series of tests to determine the cause of your dizziness. Examination will include evaluating the inner ear, eye movement and neurological connection that links them all together.

Is it OK if I eat before my appointment? Yes. However, we ask that you eat very light. Try to avoid heavily fried foods or lots of dairy products. Although most people do just fine with the balance tests, there are some parts that might make you feel a little dizzy—so, to reduce any nausea you might otherwise experience, we ask you not to eat a heavy meal.

Is it OK if I leave my makeup on during my balance test?

No. Makeup, particularly eye makeup, often disturbs our sensitive equipment and gets in the way of accurate results.

Should I take my dizziness medicine before the test?

We ask that you DO NOT take on the day of your appointment the following; these include anti-vertigo medications such as Meclizine, and other strong sleeping pills and pain pills that can cause drowsiness, because these drugs can affect the results of testing.

Will the examination make me feel dizzy?

Everybody's reaction is different. It depends on what the underlying cause of your dizziness is. If you're already dealing with dizziness symptoms, the tests won't make them worse than they already are and they won't cause previous dizziness episodes to return. Our doctors will make sure they keep you as comfortable as possible.

Should I have someone bring me to my appointment for balance testing?

Most of our patients feel just fine to drive after testing. However, if you present symptoms are severe, it's not a bad idea to have someone drive you.

Should I stop ALL medications?

No, not all medications need to be stopped. Please call us if you have questions or for a list of medications that should be stopped.

Every year, there are over 4 million emergency room visits for dizziness/imbalance. 25% of those are over-tested, misdiagnosed and under-treated.

Every minute a person falls and fractures a hip.

Over 800,000 patients a year are hospitalized because of a fall injury.

Seven million patients annually seek medical attention for this problem.

Dizziness is the #1 Complaint to physicians in patients over 70.

50% of patients seen in primary care do not receive a diagnosis for their complaints of dizziness.

Most fractures among older adults are caused by falls.

In older adults, falls are #1 cause of traumatic brain injuries.

Falls are the most common cause of traumatic brain injuries.

Many people who fall, even if they are not injured, develop a fear of falling which may cause them to limit their activity and in turn, leads to reduced mobility.



Arizona Neurology and Sleep Center
www.azns.org