



Enclosed you will find information about Midwest Dizziness and Balance Institute. This testing has been ordered to further assist you and your physician in determining the cause of your dizziness, vertigo, and/or balance concerns.

Please review ALL material and complete all forms 48 HOURS prior to your appointment. This is essential as there are eating, drinking, and medication restrictions in place for this appointment. Based on your appointment time, if you are not ready for your appointment within 15 minutes of that time, you may be asked to reschedule.

Additionally, the information provided to you is informative and informational for the benefit of your testing and treatment as well as what your financial obligations are.

If you have any questions, please call our office at (314) 384-8088.

**Our Location 12380 Olive Blvd
Creve Coeur, Mo, 63141**

Phone: (314) 384-8088

Fax: (636) 238-4388

www.DizzyBalance.com

Please arrive 15 minutes prior to your appointment with **all forms completed.**

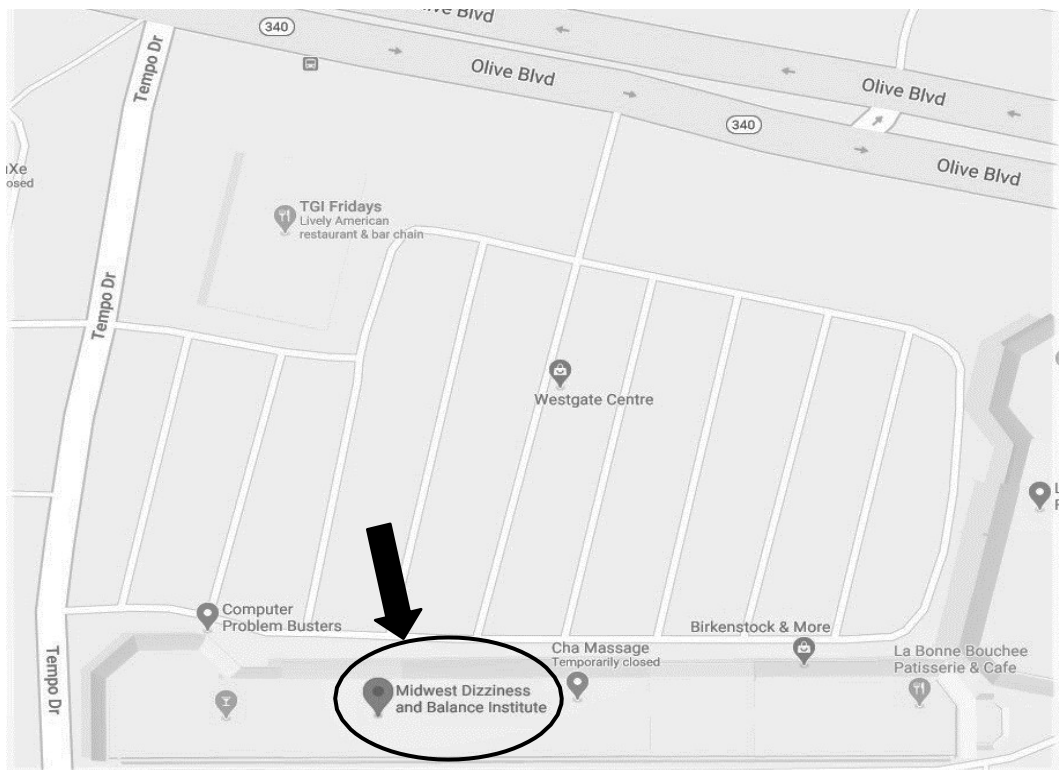
If you need to change your appointment, please call **314-384-8088.**



Driving Directions:

We are in Creve Coeur, ½ mile West of I-270 on Olive Boulevard in the Westgate Center Plaza. We are neighbors to Global Quesadilla & La Bonne Bouchee.

- **From North County:** Travel I-270 South and take Exit 14 (Olive Blvd). Travel West on Olive for 0.5 miles until Tempo Drive where you will take a Left at the stop light. Our Institution will be in the plaza on your left.
- **From Saint Charles via I-70 or MO-364:** Take MO-364 or I-70 East to I-270 South. Travel South on I-270 and take Exit 14 (Olive Blvd). Travel West on Olive for 0.5 miles until Tempo Drive where you will take a Left at the stop light. Our Institution will be in the plaza on your left.
- **From South County:** Travel I-270 North and take Exit 14 (Olive Blvd). Travel West on Olive for 0/5 miles until Tempo Drive where you will take a Left at the stop light. Our institution will be in the plaza on your left.
- **From Illinois or Downtown via I-64/40:** Travel West on I-64/40 to I-270 North. Travel North on I-270 for 2 miles and take Exit 14 (Olive Blvd). Travel West on Olive for 0.5 miles until Tempo Drive where you will take a Left at the stop light. Our institution will be in the plaza on your left.





ABOUT THE APPOINTMENTS:

1. Case History: 20 min phone call. The Doctor of Audiology will ask you questions about your medical and dizzy/balance history to gain insight into your overall health.
2. Full Evaluation: A comprehensive set of diagnostic tests that will be performed during an ~3.25 hour appt. These tests assess your overall ear health and determine your vestibular function in static (at rest) and dynamic (while moving) state. Prior to each test, an explanation will be given so that you know what to expect. All tests are painless.
3. Results: These are given 3-4 days after the Full Evaluation and are preferred to be in-person at the site to better explain all the findings and recommendations. **If you would like your spouse, caregiver, or adult children to hear your results, please be sure that they are with you AT THE TIME OF THE RESULTS APPOINTMENT.** If the results appointment is over the phone, please be sure they are with you and the phone is on speaker. We are unable to provide your results to a caregiver or family member at a different time.
4. If possible, we encourage you to have someone drive you to and from your appointment. If you drive yourself to the appointment, plan an additional 15 to 30 minutes before you leave the office, as a few of the tests may cause a sensation of motion that may linger. Family and friends may wait in the waiting area for you.

HOW TO PREPARE FOR THE APPOINTMENT:

1. Dress Comfortably. Women should avoid wearing skirts/dresses as parts of the test require laying down or moving your legs. You may want to bring a jacket or sweater; it generally stays cold in our office.
2. Do not wear any makeup including foundation, mascara and eyeliner.
3. Some tests require placing small adhesive electrodes on the face and neck
4. You can wear glasses or contacts
5. If you wear hearing aids, please wear them
6. Follow the Food and Medications restrictions before testing

ABOUT YOUR RESULTS APPOINTMENT:

After your appointment, each test is carefully reviewed and analyzed. This process is just as important as testing, so please understand that your test results will not be discussed with you until 2-4 days after your visit. Following our analysis, we will review all findings with you and a detailed report will be sent to your referring physician as well as uploaded to our portal. This will contain our conclusions and recommendations. We encourage you to bring a friend or family member.

TREATMENT OPTIONS:

Treatment plans are tailored for your vestibular impairment. They may include in-clinic

therapy sessions on a regular basis (2x's per week) over several weeks (3-6 weeks). So, it is important that you understand your test findings and the treatment recommendations. Some findings may warrant a single treatment, and at times, this may be offered at the Full Evaluation.



DIETARY & MEDICATION RESTRICTIONS BEFORE TESTING

MEDICATIONS:

Always consult your doctor before discontinuing any prescribed medications. Certain medications can significantly affect the tests. If you have any questions, you will need to check with your prescribing physician before you stop any of these medications. Please do not call our office about medications, as we cannot assist you with the medications other physicians have prescribed.

It is recommended that the following Vestibular Suppressant medications be weaned or stopped prior to the Full Evaluation. These are drugs that reduce the intensity of vertigo and nystagmus (eye movements) evoked by a vestibular imbalance. They also reduce the associated motion sensitivity and motion sickness. They should only be used in acute cases to alleviate the stressful symptoms. Prolonged use may actually generate a chronic vestibular imbalance.

Below is a list of medications that should not be taken for 48 hours prior to testing.

1. **Anti-Histamines:** Chlor-trimeton, Disophrol, Benadryl, Teldrin, Hismanol, Claritin, Allegra, Zyrtec, nearly all over-the-counter allergy or cold medicines
2. **Anticholinergics:** Atropine, Belladonna, Hyoscyamine and Scopolamine
3. **Benzodiazepines:** Diazepam (Valium), clonazepam, lorazepam and alprazolam (should not be stopped suddenly because of potential withdrawal symptoms)
4. **Alcohol:** beer, wine, liquor, cough medicine
5. **Analgesics/Narcotics:** Codeine, Demerol, Phenaphen, Tylenol with Codeine, Percocet, Darvocet
6. **Anti-vertigo:** Antivert, Meclizine, Ru-vert
7. **Anti-nausea:** Atarax, Dramamine, Compazine, Antivert, Bucladin, Phenergan, Thorazine, Scopolamine, nearly all motion sickness patches or medications
8. **Sedatives:** Halcion, Restoril, Nembutal, Seconal, Dalmane, or any sleeping pills
9. **Tranquilizers:** Librium, Atarax, Vistaril, Serax, Ativan, Librax, Tranxene, Xanax

Please continue taking blood pressure medications, heart medications, thyroid medications, Tylenol (if needed), Insulin, and estrogen. We also recognize that some medications just cannot be stopped - please inform the Audiologist if you have taken any of the medications listed.

DIETARY RESTRICTIONS:

1. NO caffeine (coffee, soda, tea, etc.) for 4 HOURS before the test. Please limit total caffeine on the day of testing to no more than 8 ounces.

2. NO smoking for 4 HOURS before the test
3. NO eating or drinking for 4 HOURS before the test unless you are diabetic (then toast and juice is ok)