



Electrocochleography (ECochG) Test

You are being scheduled for an ECochG, which is a test that measures inner ear and cochlear nerve generated potentials using an acoustic stimulus to activate it. Essentially, we will put electrodes on you, play clicking sounds in your ears and measure output from your ears to see if there is a normal balance of fluid. When fluid is imbalanced, it can cause something called Endolymphatic Hydrops, which is also known as Meniere's Disease. This test is painless, you will be asked to "salt load"* for 48 hours prior to testing (eating more salt allows us to see if your ear can regulate the fluids). *If you have high blood pressure or other conditions which inhibit your salt intake, please check with your doctor before salt loading for this test*

Pre-test instructions:

- Salt load for 48 hours prior to your test. There is no exact amount of salt, just try to eat more salt than you normally do.
- You may eat/drink the day of this test. Avoid caffeine within 4 hrs of testing - you need to be as relaxed as possible (we will ask you to lay down and close your eyes during the exam).
- Please do not put any make-up or moisturizers on before testing

What to expect during testing:

- There will be electrodes placed on your forehead and in your ears. You will hear a loud clicking sound in your ears. You will be asked to lay quietly (or take a nap if possible. If you are unable to fall asleep, you will simply close your eyes and try to be as relaxed as possible.

Foods that are high in sodium (over 300 mg):

- Canned soups
- Salad dressings (especially Italian)
- Bacon
- Sundried tomatoes
- Pretzels
- Popcorn
- Dill pickles, relish
- Tuna
- Meat/Pizza
- Deli Meats
- French fries or Potato chips
- White bread
- Soy sauce
- Salami
- Cured meats (ham, etc.)
- American cheese
- Cheese puffs
- Pickled foods
- Saltwater crab
- Cottage cheese
- Marinara (Spaghetti sauce)
- Catsup
- Canned vegetables
- Grape nuts or Raisin Bran Cereal

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