



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](http://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.**

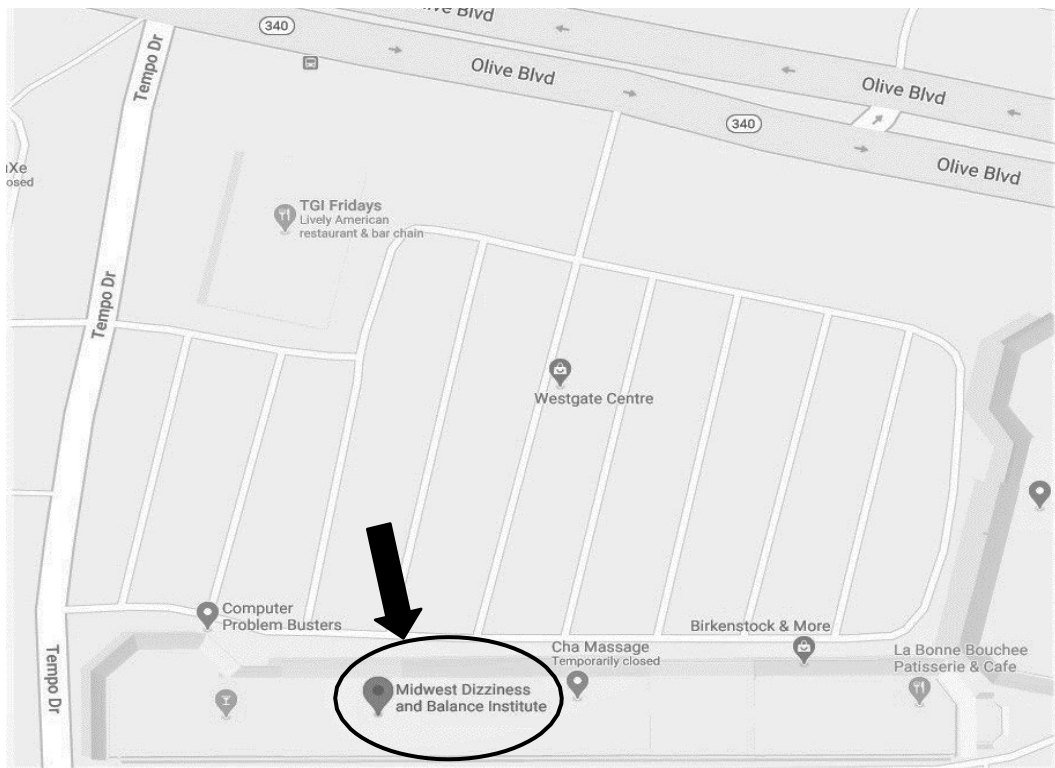
**There is a \$200 CANCELLATION FEE if you do not cancel your appointment WITHIN 48 HOURS OF THE SCHEDULED APPOINTMENT TIME. If you do cancel and try to re-book an appt, you will be required to pay this prior to getting another appointment.**



### **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 **(NO CHARGE)** 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 **(COPAYS, DEDUCTIBLES, COINSURANCE AND NON COVERED SERVICES APPLY)** 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 **(SPECIALIST COPAY APPLIES)** 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. **Results will only be given to you one time**, please have any family member or care giver that you would like to hear the results with you at the time of your results appointment. This applies to both phone results and in person results.
4. If possible, we encourage you to have someone drive you to and from your EVALUATION 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
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 your results appt. 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.

### **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. Please do not call our office about medications, as we cannot assist you with medications other physicians have prescribed.** The medications below can affect our tests; however, we also recognize that some medications just cannot be stopped. If you have any questions, you will need to check with your prescribing physician before you stop any of these medications and if you can not stop them, please let your clinician know when presenting for testing.

With the approval of your prescribing doctor, it is recommended that the following medications be stopped 48 hours prior to your exam:

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) If you have been on these long term, do not stop them.
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, seizure medication, Insulin, and Estrogen. 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)