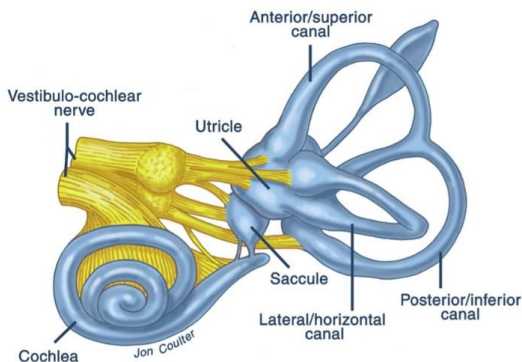


Briefing for Patients Prior to Vestibular Assessment⁴

Dear Patient,

we would like to thank you for choosing “Yatziv – Dizziness and vertigo Diagnosis Tests” for performing the diagnostic tests to which you have been referred by your physician. Prior to your visit at our clinic, we would like to provide you with vital information regarding the tests you are about to undergo, as well as a list of instructions.

Background



The inner ear consists of the vestibular organ and the auditory organ, known as the ‘cochlea’. Each ear contains one vestibular organ, consisting of five parts:

- Three semi-circular canals
- Two Otolith organs (Saccule and Utricle), each of which has its own functional contribution to our balance and posture.

An impairment in one or more of these organs may cause a sense of dizziness, vertigo or lack of balance. The purpose of the tests to which you have been referred is to obtain information regarding:

1. Your overall balance.
2. The individual and joint functional performance of the various organs comprising the ear vestibular system. Each of the tests is described in detail below.

Auditory Brainstem Response (ABR, BERA) Test



This test allows the recording of electric potentials from the cochlear branch of the VIII nerve (comprised of the fibres of the auditory as well as the vestibular nerve). The recording is performed by playing sounds through the earphones and recording the electric potentials evoked by them, using electrodes attached to the patient's forehead and ears.

The duration of the test is approximately 30 minutes.

This test is non-invasive and unpainful.

Vestibular Evoked Myogenic Potentials (VEMP) Test



This test enables us to assess some of the functions of the ear's vestibular system that cannot be assessed by any other method. In this test, we measure electric potentials evoked in the neck and eye muscles as sounds are played in the patient's ears. The potentials

are recorded using electrodes attached to the neck and facial muscles, which allow the system to record the contraction and relaxation of the muscles in response to the various sounds.

This test is non-invasive and unpainful.

The duration of the test is approximately one hour.

Video head impulse (V-HIT) test



This test enables us to assess some of the functions of the ear's vestibular system that cannot be assessed by any other method. The assessment is performed by measuring eye movement velocity in response to movements of the head.

During the test, you will be required to wear special goggles connected to a computer. The examiner will move your head in short and swift movements, and the device will calculate the eye's movement in relation to that of the head.

This test does not cause any discomfort or pain to the patient.

The duration of the test is approximately 20 minutes.

Videonystagmography (VNG) Test



This test enables us to assess some of the functions of the ear's vestibular system, which cannot be assessed by any other method. This assessment is performed by recording the eyes' movements in different situations. During the test, you will be wearing goggles equipped with a video camera that will document your eyes' movements and allow us to record and analyse them at a later stage using a dedicated software.

- Part I: you will be asked to follow various stimuli displayed on a TV screen in front of you.

Part II: Caloric test: each ear will undergo gentle and separate irrigation with cool (7 degrees below body temperature) and warm water (7 degrees above body temperature)

This test is non-invasive and unpainful.

- . The purpose of the irrigation is to trigger a sense of dizziness for about two minutes.

The duration of the test is approximately one hour.

This test may cause some discomfort for a few minutes during the caloric test

Instructions before a VNG test:

- Avoid taking any tranquillizers, sleeping pills and anti-anxiety or anti-dizziness medications during the two days before to the test. Medications used for treating chronic conditions should be taken as usual.

- You are required to fast for two hours prior to the test and avoid drinking as well.
- Please avoid wearing any eye make-up on the day of the test.
- We recommend that you arrive at the test with an escort. It is recommended to avoid driving following a VNG test.

Posturography - balance test



This test is used to examine the overall balance in various conditions. During the test, you will be asked to stand on a surface containing sensors. Your balance will be tested on various surfaces (hard and soft), with the eyes shut and open, as well as when tilting the head in different directions. The device measures the pressure applied by the patient's feet to the surface in order to assess their balance

capabilities, while analysing the performance of the various bodily systems responsible for it.

The duration of the test is approximately 20 minutes.

This test is non-invasive and unpainful.

Instructions before your visit:

- **Please bring the following documents with you:**
 - Reference letter from your physician.
 - Results of a current hearing test (if performed).
 - Current otoscopy results (ear examination using a special lamp-like device called an otoscope) (performed no later than one month before the test).
- **Please avoid wearing any eye make-up on the day of the test.**

Following your visit at the clinic:

After your visit, we will prepare a summary of the findings of all tests, accompanied by their interpretation and any further recommendations. You will receive the summary report via e-mail/post. Please contact your physician with the results as soon as possible, in order to discuss them and obtain an explanation regarding their meaning, as well as follow-up and further treatment.

We hope this information will facilitate your visit.

We wish you good health,

Your “Yatziv – Dizziness and vertigo

Diagnosis Institute” Team