



Pre-Test Instructions

Comprehensive Assessment of Balance (CAB)

The **Comprehensive Assessment of Balance (CAB)** evaluates the inner ear system to identify potential causes of balance-related symptoms. This test battery, which takes approximately **3 hours**, includes several procedures to evaluate the inner ear and your balance system.

It is essential to follow these pre-test instructions for a successful test procedure. Thank you!

Pre-test instructions:

48 hours before the test **discontinue** the following medications.

- Allergy pills (Allegra, Benadryl, Claritin, Zyrtec)
- Tranquilizers (Valium*, Librium, Xanax, etc.)
- Diuretics (Lasix, Diamox, others: Abilify*, Aricept*, Namenda*, Plaquenil*)
- Decongestants/Antihistamines (Benadryl, Sudafed, Dimetapp, Chlortrimeton, Seldane)
- Pain relievers (Acetaminophen, Aspirin, Codeine, Ibuprofen, Darvocet, Hydracodone, Methadone)
- Antidepressants (Celexa, Pristiq, Zoloft)
- Nerve/Muscle relaxants (Robaxin, Valium)
- Dizziness medication (Antivert, Meclizine, Bonine, Ear patches, Clonazepam, Compro Diazepam, Dramamine, Lorazepam, Metoclopramide, Prednisone, Promethazine, Transderm- Scop, Zofran sedatives: Ambien*, Dalmane*, Diazepam*, Halcion*, Klonopin*)
- Narcotics/Barbiturates (Codeine, Demerol, Percodan, Phenobarbital)

***Note:** Consult your prescribing physician before discontinuing medications taken for more than 3 months.

On the day of the test:

- Wear comfortable clothing and flat, supportive shoes.
- Avoid all eye makeup (liner, mascara, shadow) to ensure accurate eye movement recording.
- No solid foods 2 to 4 hours before testing.
- No coffee, tea, or cola after midnight or on the day of the test.
- No alcoholic beverages/liquid medication containing alcohol 48 hours before the testing.

After the test:

- Your audiologist will discuss the test results with you immediately after the evaluation.
- Within 48 hours, a formal report will be posted to your patient portal and forwarded to your physician.
- You can resume all medications immediately after the testing procedures.

Remember to follow the pre-test instructions provided, and feel free to ask any questions during the assessment!