

WELCOME TO THE BALANCE CENTER

You will be receiving a battery of tests to assess your inner ear and balance. On your initial visit, please plan to stay approximately 2 hours. Subsequent visit times will vary based on the evaluation or procedure you are receiving.

Appointment Instructions

1. Do not apply lotions or make-up prior to the test.
2. Dress comfortable. Wear loose fitting slacks or shorts (no dresses).
3. Wear or bring a pair of socks and comfortable shoes.
4. Eat a very light meal approximately 2 hours before your test time.
5. Limit your consumption of caffeine (coffee, tea, soda, etc.).
6. Do not consume alcohol 48 hours before the test.
7. If possible, do not take tranquilizers, sleeping pills, cold remedies or medications used to control dizziness.
8. Do continue to take medicine prescribed to you such as insulin, blood pressure, heart or seizure medications. If in doubt, please call us.
9. As a safety precaution, please bring someone to drive you home.
10. If you have any kind of brace, crutch, walker or cane, you should bring them with you.

The tests and procedures done at the Balance Center are non-invasive and painless. Please let us know if you have severe arthritis or orthopedic conditions such as recent hip, knee or spinal surgeries. Please call if you have any questions.

256-355-2096

24-hour notification required for cancellations