



How to get the most from your dizziness appointment

Here are some suggestions for making the most of your appointment for dizziness.

Key information your doctor will want to know include:

- When did the dizziness problem begin?
- What were you doing at the time of the first dizziness episode?
- How frequently does the dizziness occur?
- How long does a dizziness episode last?
- What triggers the dizziness?
- What makes the dizziness better?
- How would you describe the dizziness?

Spinning / About to “pass out” / off kilter / leaning to one side / other:

Have you had hearing loss occurring simultaneous to your dizziness episodes?

Have you had drainage from your ear canal?

No / Yes, on the right / Yes, on the left

Have you had ear pain?

No / Yes, on the right / Yes, on the left

Bring with you any potentially relevant healthcare information. If you have seen anyone else for this or a related condition, the reports and images from prior work may well not be readily available to Dr. Lansford during your visit, unless they are from Christie Clinic, Carle, or OSF.

Unless they are coming from Christie Clinic, Carle, or the OSF system, please hand-carry to your appointment the following items:

- Any prior operative or clinic notes relevant to this condition
- Any prior hearing tests (audiograms)
- Any prior balance testing
- Any prior head imaging (CT or MRI) for this problem

You can get these from the medical records department of the hospital or clinic where you were seen previously.

Bring a list of your current medications (prescription and non-prescription) and their doses. If it is easier, you could bring in your current medications.

Bring your photo I.D., your medical insurance card and be prepared for your copay.

Also, in case you have to wait, it is a good idea to bring with you something to do, such as your phone or a book. Bring a notepad and paper if you might wish to take notes. Bring a family member or friend if you wish to have another “set of ears.”