



Coral Gables Vestibular Clinic

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VertigoDx

FDA CLEARED · K260566

CLASS II

CONSULT TRANSCRIPT

Consult transcript

Visit 06 Sept 2026 · 07:23
Report no. VDX-2026-00004
09:08 · 98 turns

ABOUT THIS TRANSCRIPT

Diarised by the VertigoDx scribe (Whisper large-v3-turbo + pyannote community-1). Practice recording with synthesised voices; every name is invented.

00:00	Sarah Whitfield	Morning. Margaret. Come through. Have a seat here on the plinth. How are you today?
00:06	Margaret Ellison	Morning, Dr Whitfield. A bit nervous. To be honest, it has been a strange couple of weeks.
00:12	Sarah Whitfield	Tell me about it from the beginning. When did it start?
00:15	Margaret Ellison	Two weeks ago on the Sunday, I turned over in bed towards the window, my right side, and the whole room went round. I grabbed the headboard.
00:24	Sarah Whitfield	How long did that first one last?
00:27	Margaret Ellison	Less than a minute, I think. It felt like forever, but my husband said it was about half a minute.
00:33	Sarah Whitfield	And since then?
00:35	Margaret Ellison	Every morning, more or less, turning in bed, and when I look up to the top shelf in the pantry, bending forward to tie my shoes sets it off too.
00:44	Sarah Whitfield	Always the same side.
00:46	Margaret Ellison	Mostly the right. Once or twice on the left. But much milder.
00:50	Sarah Whitfield	Does it spin, or is it more of a light-headed, faint feeling?
00:55	Margaret Ellison	Spinning. Proper spinning. Like a merry-go-round.
00:58	Sarah Whitfield	Any nausea or vomiting with it?
01:01	Margaret Ellison	Nausea, yes. Especially in the mornings. I have not actually been sick.
01:06	Sarah Whitfield	Okay, between the spells, how do you feel?
01:10	Margaret Ellison	A bit off balance. Like I am walking on a boat. But no spinning unless I move my head.
01:16	Sarah Whitfield	Any change in your hearing, ringing in the ears, a blocked feeling.
01:20	Margaret Ellison	No, nothing like that. My hearing is fine.
01:24	Sarah Whitfield	Headaches? Any history of migraine?
01:27	Margaret Ellison	No headaches. I had migraines in my 30s. But not for 20 years.
01:32	Sarah Whitfield	Any double vision? Trouble speaking? Numbness or weakness in your face? An arm or a leg?

01:38	Margaret Ellison	No, none of that.
01:40	Sarah Whitfield	Have you fallen at all?
01:42	Margaret Ellison	No but i have come close i hold on to things now.
01:46	Sarah Whitfield	What medication are you on?
01:49	Margaret Ellison	Just something for blood pressure, amlodipine, 5 mg, and a vitamin D.
01:55	Sarah Whitfield	Nothing for the dizziness, no stimetal, no stugeron.
01:59	Margaret Ellison	My daughter gave me a studurin on day two. It made me so sleepy I did not take another.
02:04	Sarah Whitfield	Good, because they do not help with this and they slow down the recovery. Any bump on the head recently, or a bad cold or flu before this started?
02:13	Margaret Ellison	No, I was perfectly well. That is what is so odd.
02:17	Sarah Whitfield	Have you ever had anything like this before?
02:20	Margaret Ellison	Never. My mother had dizzy spells in her 70s. But I do not know what it was.
02:26	Sarah Whitfield	Right. What you are describing. Short spins brought on by turning in bed and looking up, is very typical of the crystals in the inner ear. BPPV. I am going to put the goggles on you and test each position with the camera recording your eye. Ready?
02:41	Margaret Ellison	Ready? Will it make me dizzy?
02:43	Sarah Whitfield	Probably. For a little while. That is the point of the test. It tells us which canal the crystals are in. I will keep hold of you the whole time. First. Lying flat. Looking straight ahead.
02:56	Margaret Ellison	Okay.
02:57	Sarah Whitfield	Eyes open. Keep looking at the little light. Nothing much there. Now I am going to turn your head to the left. Keep looking ahead.
03:05	Margaret Ellison	That is fine. Nothing.
03:08	Sarah Whitfield	Now to the right.
03:09	Margaret Ellison	Oh, oh, that is it. That is the spinning.
03:13	Sarah Whitfield	Stay with it. Keep your eyes open for me. I can see the eyes beating from side to side, and it is settling already. Breathe.
03:21	Margaret Ellison	It is going. Okay. It has gone.
03:24	Sarah Whitfield	Good. Sit up slowly. We will let that clear before the next one.
03:29	Margaret Ellison	Phew. My heart is going.
03:31	Sarah Whitfield	That is normal. Now the one you will know from the internet. The dick's whole pike. Head turned to the left. And I lie you back with the head a little over the edge. Here we go.
03:42	Margaret Ellison	A little bit dizzy, not too bad.
03:44	Sarah Whitfield	I can see a small down beating nystagmus on the left, but you are not spinning much. Good, sit up.
03:51	Sarah Whitfield	Okay. And now the right side. This may be the big one. So hold my arm.
03:57	Margaret Ellison	Okay, going.

03:59	Sarah Whitfield	Eyes open. Nothing yet. Keep waiting. It can take a little while to start.
04:05	Margaret Ellison	Here it comes. Oh, that is horrible. The room is going over.
04:10	Sarah Whitfield	I have got you. That is a strong down beating nystagmus. And I can see the eye rolling as well. Keep looking at the light. It is peaking now.
04:19	Margaret Ellison	Please. Is it nearly dawn?
04:22	Sarah Whitfield	Almost. There. It is fading. 15 more seconds and it will be gone.
04:27	Margaret Ellison	Okay, okay, that is better.
04:30	Sarah Whitfield	Up you come. Slowly. Sit for a moment. That was the right side, and that is where the trouble is.
04:37	Margaret Ellison	I felt sick for a second there.
04:39	Sarah Whitfield	Take your time. One more test, with your head hanging straight back over the end, which looks at the anterior canal.
04:47	Margaret Ellison	Straight back?
04:48	Sarah Whitfield	Straight back. Chin up. I will support your head. Eyes open.
04:53	Margaret Ellison	Oh. Dizzy again. Not as bad as the last one.
04:57	Sarah Whitfield	Yes, there is an up-beating and twisting nystagmus there, counterclockwise, that fits with the front canal on the right as well.
05:06	Margaret Ellison	Things at once?
05:07	Sarah Whitfield	It happens. The crystals can sit in two canals on the same side, and sitting you up, a quick check of the eyes, and that is clear. Right. Let me explain what I have found. Please. On the right side, when I lay you back with the head turned, you had a clear burst of nystagmus with a delay before it started, which is the posterior canal on the right, with.
05:30	Sarah Whitfield	With the head hanging straight back you had a smaller up beating, twisting one, which points to the anterior canal on the right, the left side showed only a little, and your roll test on the right made you spin but it is the same right ear.
05:43	Margaret Ellison	So it is all the right ear.
05:45	Sarah Whitfield	All the right here. Now, the treatment is a set of head movements that walk the crystals back to where they belong. I am going to do the one for the anterior canal first, called the Yacovino maneuver, and then the Epli for the posterior canal. Each step I will tell you what is coming.
06:02	Margaret Ellison	Will it make me spin again?
06:04	Sarah Whitfield	Probably. Briefly. And that is actually a good sign. It means the crystals are moving. Lie back. Head hanging right back. Like the last test. Stay there. 30 seconds.
06:17	Margaret Ellison	Spinning a little. Okay.
06:19	Sarah Whitfield	Now I bring your chin down to your chest. Quickly. Hold that. Oof. 30 seconds more. You are doing well. And sitting up. Chin still down. Good. How is that?
06:32	Margaret Ellison	Woozie. But the room is not going round.
06:35	Sarah Whitfield	Rest a moment. Now the epli for the posterior canal. Head turned to the right. And back you go. Head over the edge.
06:42	Margaret Ellison	Yes, that is spinning again.
06:45	Sarah Whitfield	Good. Keep the eyes open. I can see it. And it is already less than the first time. Now I turn your head to the left. 90 degrees.

06:54	Margaret Ellison	That is okay.
06:56	Sarah Whitfield	Now roll onto your left shoulder and look down at the floor. Hold it. Anything.
07:01	Margaret Ellison	A little swirl. Not much.
07:04	Sarah Whitfield	That is the crystals dropping out of the canal. And swing your legs off the side and sit up slowly. Chin down. Keep your head still for a minute.
07:13	Margaret Ellison	I am okay. A bit floaty.
07:15	Sarah Whitfield	That floaty feeling can last a day or two. That is normal. Let me check the right dick's hole pike once more.
07:23	Margaret Ellison	Oh, no.
07:24	Sarah Whitfield	Quick one. Eyes open. Nothing. No nystagmus. And are you spinning?
07:30	Margaret Ellison	No. Just nervous.
07:32	Sarah Whitfield	Then that has worked. Sit up.
07:34	Margaret Ellison	Really? Just like that?
07:37	Sarah Whitfield	Just like that. For most people, about 1 in 3 need it repeated. So here is the plan. First, no restrictions. You can lie flat tonight. You can sleep on whichever side you like. Sleeping upright and avoiding movement does not help and just makes you stiff.
07:54	Margaret Ellison	I read I should sleep sitting up.
07:56	Sarah Whitfield	Old advice. The studies show it makes no difference. Second, if the spinning comes back in the next few days, phone the practice and we repeat the maneuver. No need to wait for the appointment. Third, I want to see you in a week to recheck the right side.
08:12	Margaret Ellison	And the tablets?
08:13	Sarah Whitfield	No dizziness tablets. They mask the symptoms and delay your brain from recalibrating. Carry on with the blood pressure tablet as usual.
08:22	Margaret Ellison	Is there anything that would mean something worse?
08:25	Sarah Whitfield	If you get a severe headache you have not had before, double vision, slurred speech, weakness or numbness, or dizziness that is constant rather than in short spells, that is not BPPV and you go to the emergency department straight away, none of those today, and everything I saw fits the crystals.
08:44	Margaret Ellison	Thank you. Can I drive home?
08:46	Sarah Whitfield	Sit in the waiting room for 10 minutes. If you feel steady, yes. Otherwise ring your husband.
08:53	Margaret Ellison	He is outside anyway.
08:55	Sarah Whitfield	Perfect. I will send you a summary of today to your phone, with what we found and the plan. See you next week. Margaret.
09:03	Margaret Ellison	Thank you, Dr Whitfield. That was less awful than I expected.