

Patient information

About your Audiology Appointment for Balance Tests

Audiology Department

Please take the time to read this leaflet as if the advice is not followed we will be unable to complete the test.

General information

You have been referred to the Audiology Department for one or more tests which will provide your clinician with further information regarding your balance.

These tests can be quite lengthy. Staff and equipment have been booked for you so please let us know if you are unable to attend.

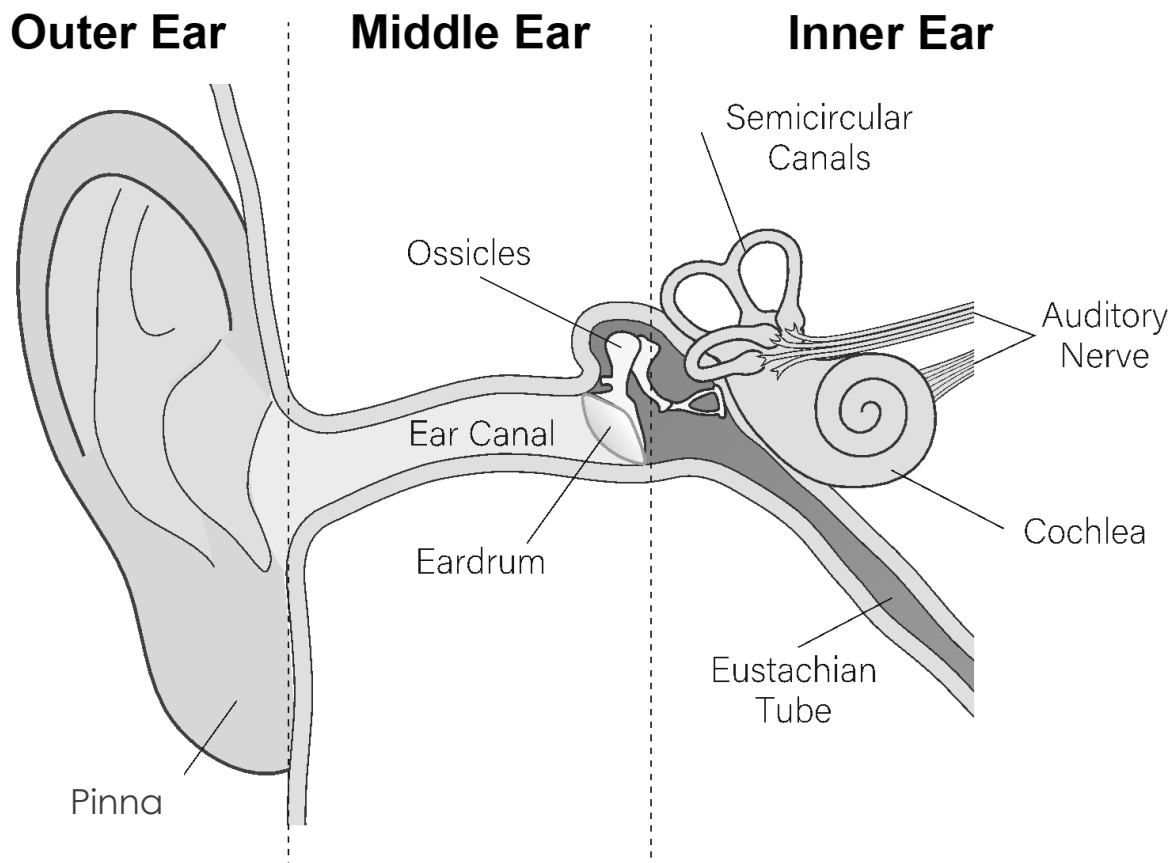
This Trust is a recognised training centre for the University of Manchester, so on occasion, and with your consent, a student may be present at your appointment.

If you have been referred by the ear nose and throat team, the results of your test will be added to your hospital records prior to your ENT follow up appointment. Please ensure that you have been given a follow up appointment with ENT.

About you

If you are visually impaired, have problems with mobility or need an interpreter; please let us know prior to your appointment so we can tailor the appointment to meet your individual needs.

Vestibular Function / Balance Test



Balance is a complex process which involves the balance organs in your ears, along with information your brain receives from your eyes, muscles and joint position.

These tests allow us to compare how each balance organ in your inner ear is working.

- We will place some goggles over your eyes to record your eye movements. You will be asked to follow a series of red lights.
- We may need to do a **caloric test** also. This involves putting air into your ears, whilst you are lying on a couch. Although this is not unpleasant, you may experience some dizziness for a short period of time.
- If a **vHIT** (video head impulse test) is required, this will involve you sitting wearing goggles whilst the audiologist moves your head in short quick movements and watches for corresponding eye movements that can indicate problems with the balance organs.
- **VEMP** testing may also be performed. This involves electrodes being placed on your neck, head and around your eyes which record electrical impulses generated when performing certain head and eye movements whilst listening to sound through headphones.

vHIT and VEMP testing should not make you particularly dizzy.

Important Points

- Do not drink alcohol 48 hours prior to the test as this will affect the test results.
- Do not take any medication prescribed for your dizziness for 48 hours prior to your test as it may affect the results. These include; Serc, Betahistine, Prochlorperazine or Cinnarizine.

Please seek advice from your GP if you are unsure about your medication.

- Due to the nature of the tests and the fact that you may experience some dizziness, we advise you are accompanied to your appointment. You should not drive or operate machinery for the remainder of the day.
- Please do not wear heavy eye makeup (mascara or false lashes) as this will affect the result.
- Please inform the audiologist prior to testing if you have any neck mobility, sound tolerance issues or allergies.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

If you have any concerns or queries about our service, please let us know and we will do our best to help you.

Further information

The Audiology Department can be contacted on:

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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