



CALORIC TESTING

You have been referred for a caloric test, which will last up to one hour. You will be seen by two audiologists, both specialised in hearing and balance.

All tests will be fully explained before they begin and will only be carried out with your consent.

Tests:

- 1) **Tympanometry** - A soft tip is placed in your ear canal. You will feel a slight pressure for a few seconds and hear a low-pitched tone. A chart is recorded showing how well your eardrum moves.
- 2) **Caloric test** – This allows us to test a part of the balance organ of each ear separately and compare them to see if one is not working properly. The test involves gently blowing warm air into each ear in turn, with a rest between. The warmth of the air activates the balance organ, resulting in a sensation that the room is spinning for a short amount of time. This sensation is something we control and will not cause you to have an attack of dizziness. Sometimes the tests need to be carried out with cool air after the warm ones. In those instances, there will be a total of four tests (two on each ear).

Results

The audiologists will look at all the results and discuss them with you. They will assess the possible cause of your balance difficulties and provide details of possible treatments.

Important information:

Before your appointment date:

- For your safety we do not recommend that you drive for at least two hours after the assessment. If possible, please arrange for someone to accompany you home.

48 hours before your appointment:

- Stop taking any medication prescribed to control your dizziness. Continue to take as normal any other medication prescribed for other medical conditions.
- Do not consume any alcohol or recreational drugs.

On the appointment day:

- Do not apply any makeup, including eyeliner, mascara or eye shadow.
- Contact lenses will need to be taken out before the balance assessment. Please bring cleaning fluid/new lenses/glasses.
- Please wear comfortable trousers or leggings as we will need to move you into different positions during the assessment.
- You are welcome to bring a friend or relative to this appointment.

Information for Patients

After the appointment:

- You may now take your medication prescribed to control your balance symptoms.
- For a couple of hours after the assessment you may feel unsteady, but after this period you should be able to continue with your normal routine.

Communication needs

If you require an interpreter at your appointment, please telephone 0121 371 4756 or email interpreting.service@uhb.nhs.uk

Students

Please note that as this is a teaching hospital, a student may carry out some, or all of, your appointment under supervision of a qualified audiologist. If you do not wish to have a student present during your appointment, please let reception know on your arrival.

Patient transport

If you are eligible for patient transport, please contact West Midlands Ambulance non-emergency Patient Transport Service on 0800 035 6511. Please note that transport is only available for Monday to Friday appointments.

Please use the space below to write down any questions you may have and bring this with you to your next appointment.

If you require this information in another format, such as a different language, large print, braille or audio version, please ask a member of staff or email interpreting.service@uhb.nhs.uk