



If you are taking any medicines for your balance, you will need to STOP taking these 2 days before coming for your appointment.



You can take other medications that are not for your balance.

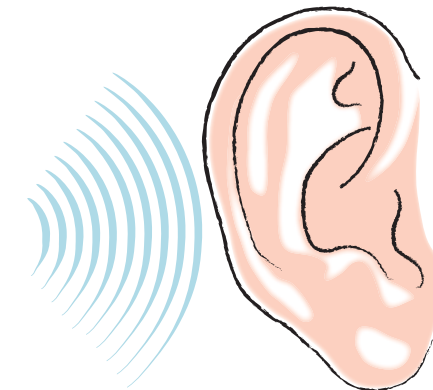


Do NOT drink any alcoholic drinks 2 days before your appointment.



The test will take about **60 – 90 minutes** to finish. You can have a rest at any time if you need to.

# Having your balance tested in the Audiology clinic



Audiology Department  
North Devon District Hospital  
Raleigh Park, Barnstaple  
Devon EX31 4JB  
Tel: 01271 322476

[www.northdevonhealth.nhs.uk/audiology](http://www.northdevonhealth.nhs.uk/audiology)

Information for patients and carers

# What do I have to do?



The Audiologist will greet you and take you into one of the test rooms.



Someone will look in your ears first to check they are clear.



The Audiologist will place a small tip in your ear to check the middle part of your ear. You may feel a slight change in pressure in your ear.



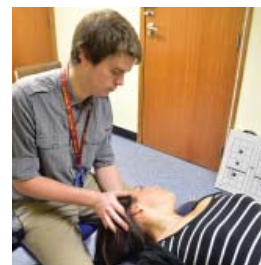
You will be asked to wear some goggles with a camera covering one eye. This allows the Audiologist to watch how your eyes move.



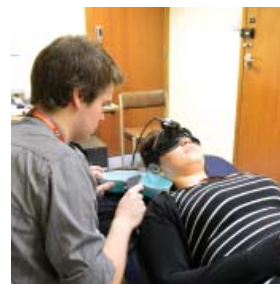
You will be asked to look at some lights on the wall. Some lights may be moving, others may be still.



You may be asked to stand as still as you can with your eyes open and then closed. The Audiologist will measure how much you move whilst you do this.



You may be asked to lie back quickly on the couch with your head to one side for a minute. The Audiologist will look at your eyes to see if they move.



You may be asked to lie on a couch while the Audiologist runs warm and cool water into your ears for 30 seconds.

The water runs back out again and the Audiologist will collect it in a dish under your ear.



After the water has been in your ears, you may start to feel as if you are moving slightly. This is normal.