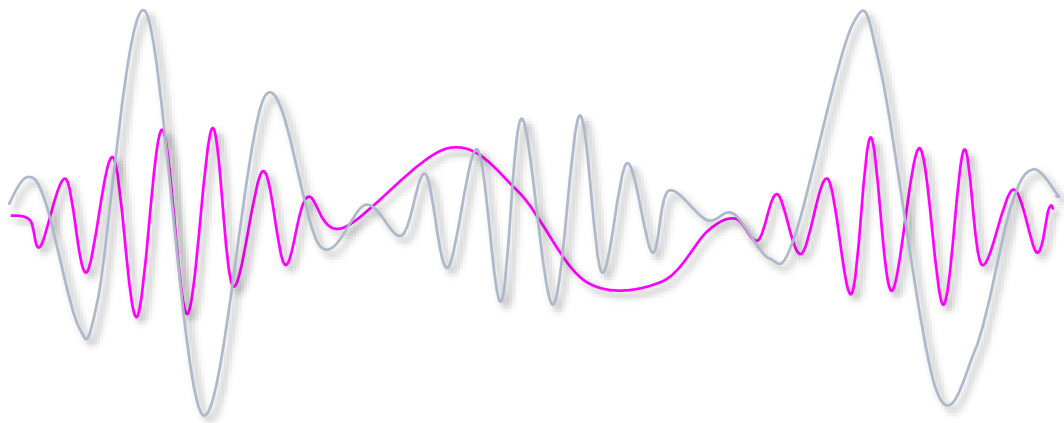


Balance Testing – what to expect



Before your appointment

Ask us any questions you have about the appointment.



Stop taking medicines which are for your balance 2 days before your appointment.



Keep taking your other medicines.

Do not drink alcohol for 2 days before your appointment.



Do not wear eye make up to your appointment.



About your appointment

Your appointment will last 1 to 2 hours.



The audiologist will get you from the waiting room.

An audiologist is someone who helps people with hearing and balance.



We will talk about your ears and balance.



We will look inside your ears.



The audiologist will check how the middle part of your ear is moving.

They will put a soft tip in your ear and you might feel a short blocked feeling in your ear.



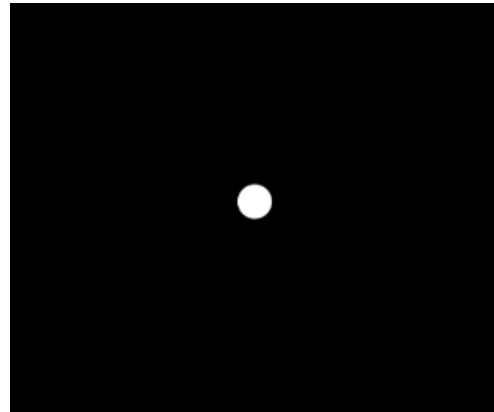
Balance Testing

We will ask you to wear some goggles.

The goggles look at how your eyes move.



We will ask you to look at a light on the TV. Sometimes it will be moving and sometimes it will be still.



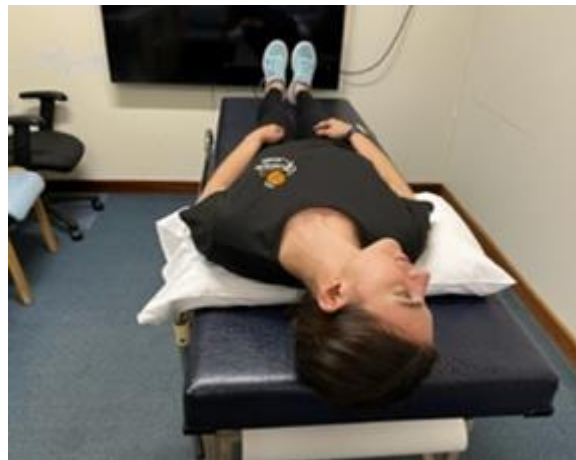
Sometimes we will put a cover on the goggles so the light will disappear.



Sometimes we will ask you to look at a spot on the wall whilst we move your head.



We will ask you to lie down on a couch with your head turned to one side for 30 seconds.

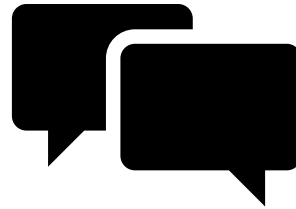


The audiologist will look in your eyes to see how they move.

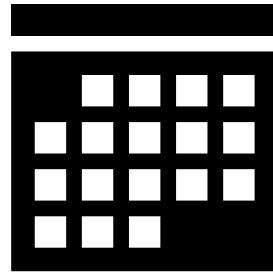


After the tests

We will talk about the tests afterwards and decide what to do next.



We might book another appointment if we need to.



Contact us:

Telephone: 01392 402223

Email:

cse.chimebalance@nhs.net



If you require this document in another language, large print, audio file or braille then please do contact us using the details above.

Document control

Balance Testing	Latest review date: 07-24	Version number: 1.1
Status: Approved	Next review: 07-2026	Last page