

## Help with this leaflet:



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# Audiology Department

## Patient Information

# Vestibular Assessment for Cochlear Implant Candidates

### Document history

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This leaflet is for cochlear implant candidates who are due to have a vestibular (or balance) assessment. It explains what a vestibular assessment involves and tells you what you need to do before you come for your appointment.

## What does the assessment involve?

You will be seen by a clinical audiologist for an appointment of one hour. If you have had recent dizziness or balance problems you may be seen for a longer appointment lasting two hours. After testing they will explain the results to you, and will write a full report back to your referring consultant. The testing carried out is partly dependent on the individual patient case but is likely to involve:

- Questions about any dizziness and/or balance problems, and your general medical history.
- Assessment of your standing balance.
- Assessment of the balance function in each ear by introducing warm and cool water or air into one ear at a time and measuring your eye movements using 'video goggles'.

## Is there anything else I should know about my assessment appointment?

- Some of the tests are performed with goggles over the eyes so you will not be able to see out.
- There is a slight chance that you may feel unsteady after your appointment so if possible try to arrange for someone else to drive you home.
- Please refrain from wearing make-up around the eyes as this can interfere with recording of your eye movements. Eye make-up may need to be removed.
- Please refrain from drinking alcohol for 48 hours prior to your appointment as this can influence testing.
- Please stop any medications for dizziness or any anti-histamine medication on a gradual basis, at least 48 hours prior to your appointment. These too can influence testing.
- If you have contact lenses then please wear these in preference to glasses.

## Communication during the appointment

If you use British Sign Language or your first language is not English and you require an interpreter, please contact us in advance to ensure this is arranged. Many people find it helpful to bring someone to the appointment.

Before each test the audiologist will explain what is involved. The information is also written down on cards if you would like to read the instructions.

## Benefits

Cochlear implant surgery can affect the balance organs in the ears so it can be important to know how much balance function you have in each ear. The results of the assessment may help the medical specialist decide which ear to recommend for implantation. **The results will not affect whether you are suitable for a cochlear implant.**

## Alternatives

If a vestibular assessment is not carried out the medical specialist will base your management on your history and examination in the clinic and other diagnostic tests as appropriate.

## Risks

Some tests may make you feel dizzy but the audiologist will warn you when this might be the case. There is a slight chance that you may feel unsteady after your appointment.

## Who can I speak to about my assessment?

Please telephone 01223 217797 to speak to a Vestibular Audiologist. If you use a textphone please contact us using typetalk. Please note that the audiology staff are unable to reply to emails unless a signed consent form giving informed agreement to email communication with Audiology Department staff has been completed.