

Why do I need a hearing test?

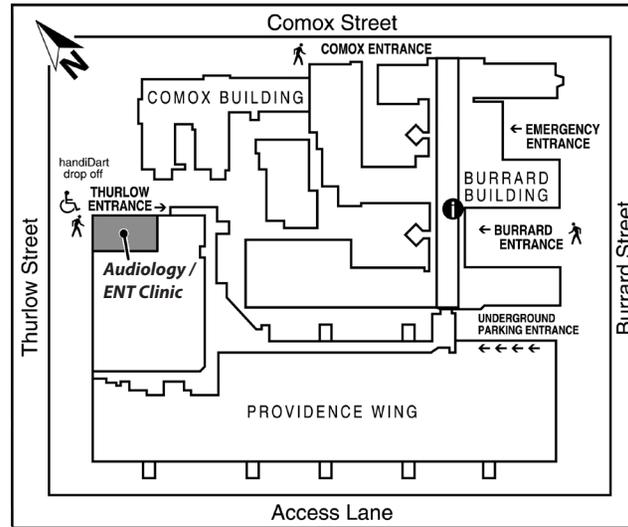
A hearing test is part of your dizziness testing. The sensory organs for hearing (the cochlea) and balance (the vestibular system) are both in your inner ear. The nerve from the inner ear to other parts of the body (the vestibulocochlear nerve) carries both hearing and balance information. Sometimes the results of the hearing test are not normal, even if you haven't noticed a hearing problem. This can give the audiologist and ear-nose-throat doctor (ENT) valuable information on the source of your dizziness or balance problem.

How do I see you?

If you have a problem with dizziness, talk to your family doctor. If it is appropriate to see an ENT, your family doctor can refer you. The ENT can then refer you for dizziness testing.

Where can I get more information?

- BC Balance and Dizziness Disorders Society
<http://www.balanceanddizziness.org/>
- Vestibular Disorders Association
<http://vestibular.org>



Parking and transit information:

- Go to www.providencehealthcare.org
- Click on the tab *Info for Patients + Residents*
- Select *St. Paul's Hospital*
- Select *Parking + Transit* on the left side bar.

St. Paul's Hospital Audiology Clinic

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(Level 'M' in the elevators)

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This material has been reviewed and approved by patients, families and staff.



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Vestibular (Dizziness) Testing



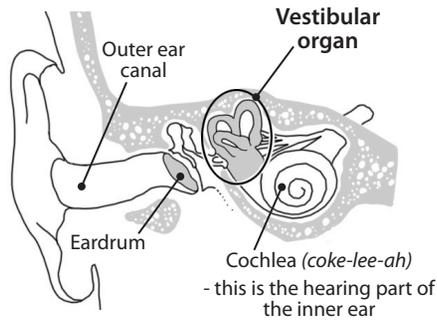
Audiology Department,
St. Paul's Hospital

Our hospital is SCENT-FREE.
Please do not wear perfume
or cologne.



What does 'Vestibular' mean?

The vestibular system is the part of the inner ear and the brain that helps control balance and eye movements. For example, if you are on a moving platform (a boat or bus), your vestibular system tells your body where to move so you don't fall down. When you move your head, your vestibular system makes your eyes move the opposite way so that what you are looking at doesn't get blurry.



What tests do you do and what do they involve?

We do two different types of testing on your vestibular system.

1. VEMP Testing (Vestibular Evoked Myogenic Potentials)

There are two types of VEMP test. Your ear-nose-throat doctor (ENT) may have asked for one or both of these tests.

A. Ocular VEMP: We hold an instrument to your forehead while you lie back and look upwards.

B. Cervical VEMP: Your head will be either turned to the right or the left as you lift your head slightly and listen to some sounds.

How do I prepare for my VEMP test?

- Use the washroom and do not drink too much right before your test. (You will be connected to a machine for about an hour.)
- Do not wear any make-up on your face.
- Wear a loose fitting or buttoned shirt.
- Men, have your cheekbones and neck free of hair.

2. VNG Testing (Videonystagmography)

A VNG at St. Paul's is made up of a number of tests, and involves:

- standing in different positions with your eyes open and closed
- small, quick head movements while you stare at a mark on the wall
- watching a moving light on a screen
- moving you into different positions to see if it makes you dizzy
- putting warm and cool water into your ear to measure how well the balance organ is working.

Your doctor may have asked for some or all of these tests.

You may not be able to do all the tests if you have had ear surgery, or have neck or back problems.

How do I prepare for my VNG test?

- Arrange to have a ride home if possible. The testing may make you temporarily dizzy.
- Do not take medication to control dizziness for **72 hours before** your appointment.
- Do take your necessary medication for high blood pressure, a heart condition, diabetes, etc.)
- Do take your sleeping pills, tranquilizers, anti-depressants or anti-anxiety medication *if you have been taking them for more than three months.*
- If you have contact lenses, wear them.
- Do not drink any alcohol for **72 hours before** your testing.
- Do not wear eye makeup.
- Eat a light meal.
- Use the washroom and do not drink too much right before your test.
- Testing is about two hours. Pay for at least 2½ hours of parking. You will not be able to leave and add money to the meter.

What happens after the test?

The results are sent to the ear-nose-throat doctor (ENT) who referred you. If you have not heard from the ENT within three weeks after your tests, call their office.