

# A Guide to Vestibular Tests



Audiology Department  
Pendleton Gateway  
**0161 206 1571 / 1568 / 1569**  
**[audiology@srft.nhs.uk](mailto:audiology@srft.nhs.uk)**

## Why have I been sent this appointment?

You have been referred to the Audiology Department for investigation into your balance problems.

This involves an audiologist performing tests on your vestibular system.

## What is the vestibular system?

The vestibular system is the balance centres in your ears.

Along with your eyes, and the touch and pressure sensors in the joints of your body, it provides the brain with the information it requires to help you maintain your balance.

## What will the appointment involve?

Each appointment lasts approximately 60 minutes and will include at least one of the following tests:

### Videonystagmography (VNG)

For this test you are required to wear a pair of goggles containing 2 small cameras.

This allows the audiologist to record your eye movements while you perform a number of basic tasks; for example, following a light as it moves from left to right on a bar in front of you. This test is often performed in a dimly lit room.

### Video Head Impulse Test (vHIT)

A special pair of glasses containing a small camera and a motion sensor will be placed on your head.

The audiologist will then repeatedly move your head quickly and precisely while you focus on a target in front of you.

### Caloric testing

The audiologist uses a machine to deliver warm and cool air into each of your ears in order to stimulate your vestibular system. You may experience some dizziness during and immediately after this test.

### Electrocochleography (ECochG)

This test involves recording the passage of sound through your inner ears to the hearing nerve in the brain. During this test different sounds will be played into your ears while you relax as much as you can.

### Vestibular Evoked Myogenic Potentials (VEMPs)

This test involves playing a pulsing sound into your ear, while a muscle response from your neck is recorded.

**Depending on the results of your test/s, you may be called back for further assessment or treatment.**

## Before your appointment it is essential that you DO NOT:

- Drink alcohol for 72 hours
- Take any of the following medications for 72 hours: Prochlorperazine (Stematil or Bucastem), Betahistine Dihydrochloride (Serc), Cinnarizine (Sturgeron)

We would also ask you to remove all eye make-up prior to the appointment.

If you have both contact lenses and glasses, it is preferable that you wear your contact lenses to the appointment.

## After the appointment:

You may feel unsteady after the appointment, so you may like to bring someone with you for support.

It is recommended that you do not drive home after the test so please plan your journey home in advance.

### Uncommon risks:

- Ongoing dizziness / nausea (caloric testing)
- Trauma to the ear canal (caloric testing / ECochG)
- Increased awareness of tinnitus (caloric testing / ECochG / VEMPs)
- Eardrum perforation (caloric testing / ECochG)

If you have any queries regarding the information in this leaflet, please do not hesitate to contact the Audiology Department prior to your appointment.

#### **Audiology Department**

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To help us best meet your personal needs, we would like you to identify how your balance problem affects you.

Please complete the following questionnaire by putting a tick next to the most relevant answer, for each situation, and bring this with you to your appointment.

If you have difficulty completing the form, the Audiologist will be able to help you on the day.

Thank you.

**Salford Audiology Service**

	Yes	No	Sometimes
1. Does looking up increase your problem?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Because of your problem, do you feel frustrated?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Because of your problem do you restrict your travel for business or pleasure?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Does walking down the aisle of a supermarket increase your problem?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Because of your problem, do you have difficulty getting into or out of bed?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Does your problem significantly restrict your participation in social activities, such as going out to dinner, going to movies, dancing, or to parties?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Because of your problem, do you have difficulty reading?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Does performing more ambitious activities like sport, dancing, household chores (such as sweeping or putting dishes away) increase your problem?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Yes	No	Sometimes
9. Because of your problem, are you afraid to leave your home without having someone to accompany you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Because of your problem, have you been embarrassed in front of others?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Do quick movements of your head increase your problem?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Because of your problem, do you avoid heights?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Does turning over in bed increase your problem?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Because of your problem, is it difficult for you to do strenuous housework or yard work?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. Because of your problem, are you afraid people may think you are intoxicated?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. Because of your problem, is it difficult for you to go for a walk by yourself?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. Does walking down the pavement increase your problem?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Yes	No	Sometimes
18. Because of your problem, is it difficult for you to concentrate?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. Because of your problem, is it difficult for you to walk around your house in the dark?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. Because of your problem, are you afraid to stay home alone?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. Because of your problem, do you feel handicapped?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. Has your problem placed stress on your relationships with members of your friends and family?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. Because of your problem, are you depressed?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. Does your problem interfere with your job or household responsibilities?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. Does bending over increase your problem?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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In accordance with the Equality Act we will make 'reasonable adjustments' to enable individuals with disabilities, to access this treatment / service.

**If you need this interpreting please telephone**

Polish

Jeżeli potrzebne jest Państwu tłumaczenie, proszę zadzwonić pod numer.

Urdu

اگر آپ کو اس ترجمانی کی ضرورت ہے تو مہربانی کر کے فون کریں۔

Arabic

إذا كنتم بحاجة الى تفسير او ترجمة هذا الرجاء الاتصال

Chinese

如果需要翻译，请拨打电话

Farsi

اگر به ترجمه این نیاز دارید ، لطفاً تلفن کنید

**0161 206 0224**

Email: [InterpretationandTrans@srft.nhs.uk](mailto:InterpretationandTrans@srft.nhs.uk)

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