

## Centre for Hearing and Balance Disorders (Audiology)

# Paediatric Sedation for Your Child's Appointment for a Hearing Test

Your child has been referred to the Audiology department for a hearing test.

The following information will help to prepare you and your child for their sedated hearing test at the Audiology Department at Clinic 8.

We have also enclosed some information sheets for you to read.

Your child has been referred to the Audiology Department for a hearing test for which they will require sedation. The tests will not hurt or be uncomfortable for your baby. You will be able to stay with your baby while the tests are carried out. You may want to bring a partner, friend or relative.

The appointment will usually take about one to two hours. This includes time to settle your baby as your baby needs to be asleep whilst testing is carried out.

### Preparation

Because it is necessary for your child to be very relaxed during the hearing test it will be necessary to give your child some medicine to help them to sleep.

The medicine is called melatonin which is a mild sedative. It works by helping to make your child feel drowsy so they fall into a natural sleep.



## Patient Information

Please come to Clinic 8 at your appointment time which is shown on the attached letter.

You and your child will then be put in a quiet room where you will give the medicine to your child.

The medicine comes in the form of liquid and there are different ways you can administer it to your child:

- You may wish to bring a small pot of yoghurt or fromage frais with you and mix in the melatonin;
- You may wish to mix it in with their milk;
- You can administer as you would other medicines with a syringe which will be provided;
- You may syringe it into their feeding tube.

Once you have given the medicine to your child, you will wait in the quiet room until your child falls asleep.

This may take a while so bring with you anything you need which you think will help your child to sleep, such as blankets, a drink or a favourite soft toy.

## Testing

Whilst waiting for your child to sleep, the audiologist will put some sensors on your child's head. One will go on the forehead and one will go behind each ear. Eartips will be put in the ears and some clicking sounds will be presented through the tips. We will then record the hearing response on the computer screen. Testing may take up to an hour.

## After the hearing check

The hearing testing will finish once we have obtained enough information or if your child wakes up. As the medicine we use is a mild sedative your child will wake up naturally after about one hour.

## Patient Information

The results of the test will be given to you within a week.

You are free to go home after testing is complete and we have answered any questions you may have.

### Further Information

If you have any questions or queries about your visit please contact The Paediatric Audiology Team via any of the following ways:

Telephone: 024 7696 6444  
Email: [Audiology.correspondence@uhcw.nhs.uk](mailto:Audiology.correspondence@uhcw.nhs.uk)  
Minicom: 024 7696 6427  
Fax: 024 7696 6428

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6444 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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