

Centre for Hearing and Balance disorders

What happens at the balance clinic?

You have been referred for assessment in relation to dizziness or imbalance. This information leaflet explains what will happen.

The Balance clinic specialises in inner ear balance disorders. There are many reasons why balance problems occur. We will be checking if your balance problems are occurring due to a problem with your inner ear balance organ. If this is the case we will discuss options to manage or treat the problem. If not, we will write back to the consultant who referred you to review your case.

Important information

- You are welcome to bring someone with you to your appointment.
- Sometimes patients feel a little unsteady after testing and like to have someone to take them home.
- If you have been prescribed medication for your balance problem please do not take this for two days before your appointment.
- Please do not drink alcohol for two days before your appointment as alcohol can stay in your body for some time and may affect your balance test results.
- Continue life-supporting medications such as those for heart, seizures, blood pressure, diabetes etc. Phone us on the number below if you are unsure about what medications to stop.
- Do not wear eye make-up (particularly mascara) – we record your eye movements during testing and this can stop our cameras from recording your eye movements properly



Patient Information

- Do not eat for about 2 hours before testing as sometimes testing may cause nausea.
- Wear comfortable clothing as you may be required to move around during testing.
- If you do not follow these guidelines, we may not be able to complete the appointment.

Appointments

- At your first appointment we will discuss your balance difficulties and perform various balance tests. We will discuss the results of these tests with you and suggest management or treatment options.
- If we can help with your balance symptoms by performing a rehabilitation manoeuvre, we will complete this on the day of your assessment.
- If balance rehabilitation exercises are likely to help with your balance symptoms, we will instruct you on how to undertake these at home and provide written information about this.
- Following your first appointment you may be discharged back to the consultant who referred you or we will arrange a follow-up appointment two – six weeks after you are given any exercises or manoeuvres to check on your progress (the length of time will depend on the type of exercises you have been given).

If you take any medication for your balance, please bring it to the appointments.

If for any reason you cannot attend your appointment please call **024 7696 6444 at the earliest opportunity.**

Due to the demand on this specialist clinic, if you do not attend your appointment or cancel your appointment at short notice you will be discharged from the clinic.

Patient Information

We hope you find this information useful however if you have any further questions or any comments about this information, please telephone Ann-Marie Hawkins or Bernadette Parker on 024 7696 6444.

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

Document History

Department:	Centre of Hearing and Balance disorders
Contact:	26444
Updated:	September 2019
Review:	September 2021
Version:	7.1
Reference:	HIC/LFT/1021/10