

Centre for Hearing and Balance Disorders (Audiology)

Balance - Caloric Test Appointment

Information for patients having a Caloric Test

At your balance appointment we will be performing a test known as a 'Caloric Test'. This test will tell us if your balance organs in the inner part of your ears are working at the same level or if there is a difference between them.

While you are lying on a couch we will use a small tube to run some warm water into your ear canal, for 30 seconds (one ear at a time). You may feel like you are turning during the test - this is a normal sensation and it will disappear after one to two minutes. During the test you will be asked to talk out loud to the examiner as this helps us make sure the test is accurate. Depending on the results after the warm water has been inserted the procedure may be repeated with cool water.

Please note the following:

- You **should not drive immediately following the test** – you may wish to bring someone with you or arrange a lift or taxi.
- Please **do not consume** any alcohol for **48 hours (2 days) before the test**.
- If you take any medication for your balance, **please do not take it for 48 hours (2 days) before the test**.



Patient Information

If you suffer from or have ever had any of the following conditions, please contact the Balance Clinic on 024 7696 6444 for further advice before attending your appointment:

- High blood pressure;
- Cardiac (heart) problems;
- Psychotic/neurotic disorders (including personality disorders, significant anxiety and obsessive compulsive disorder);
- Eye surgery (within the last 3 months);
- Ear surgery;
- Perforated ear drum.

Risks

There is a small risk of damage to the ear canal or ear drum as a result of the procedure (either from the ear piece or the water). All staff carrying out the test are fully trained in the procedure. You can raise any concerns you may have or ask for the test to be stopped at any time if you need to.

Further Information

If you have any further questions regarding this appointment please feel free to telephone Ann-Marie Hawkins 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.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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