

## Centre for Hearing and Balance Disorders (Audiology)

### Caloric test

**Please note that you need to be referred to us by a specialist doctor to access our services. You should ask your GP if you need more information about this.**

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#### **Information for patients having a Caloric test**

At your appointment we will be performing an assessment 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 let some warm water flow into one of your ear canals for 30 seconds. You may feel like you are turning or spinning during the test. If this happens it will disappear after 1 to 2 minutes.

During the test you will be asked to talk out loud to the examiner. This helps us make sure the test is accurate. After a period of rest, we will repeat the test on your other ear. Depending on the results, we might need to repeat the test with cool water.

#### **Please note:**

- **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 (OCD)
- 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 earpiece 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 questions regarding this appointment, please telephone 024 7696 6444 or email [audiology.correspondence@uhcw.nhs.uk](mailto:audiology.correspondence@uhcw.nhs.uk)**

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.

### Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service. Have your say. Scan the QR code or visit: [www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)



#### Document History

Department:	Audiology
Contact:	26444
Updated:	April 2024
Review:	April 2027
Version:	6
Reference:	HIC/LFT/1145/10