

BEACON AUDIOLOGY IS THE  
ONLY PRIVATE AUDIOLOGY  
CLINIC IN IRELAND OFFERING  
A COMPREHENSIVE BALANCE  
ASSESSMENT

“VERY PROFESSIONAL  
SERVICE PROVIDED STAFF  
MEMBER WAS FRIENDLY VERY  
KNOWLEDGEABLE AND  
PROVIDED EXCELLENT  
INFORMATION. NO  
HESITATION IN  
RECOMMENDING SERVICE.”  
TRUSTPILOT



## TALK TO US, WE ARE ALL EARS

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Everything You Need  
To Know About Your  
**Balance Assessment**

Your appointment is on the



## How do I prepare for my Balance Assessment?

We ask our balance patients to fast for at least two hours prior to attending their appointment. It is imperative that you refrain from drinking alcohol or taking any medication that can suppress the vestibular system. This includes Serc, Stemetil, tranquilizers, antihistamines, barbiturates, sedatives or muscle relaxants.

## What to expect during my Balance Assessment?

The Audiologist will instruct you for each test performed. The balance assessment largely consists of looking at various stationary and moving targets while wearing goggles that track your eye movements. You will be seated for most of the assessment.

## What happens with my test results?

Your Audiologist will be providing your Consultant or referring practitioner with a comprehensive report, discussing the results of your full balance assessment.

## What procedures may be Performed?

### The Sway test

You will be asked to stand on a stable balance board for 20 seconds each go. This test is done on a solid and cushioned surface with eyes open and eyes closed.

### cVEMP

Electrodes will be placed on the skin at specific areas on the head and neck. These will monitor electrical potentials resulting from function in the saccule of the balance organ

### vHIT

You will be asked to stare at a fixed point. The Audiologist will move your head quickly left and right and up and down while you stare at this point. Goggles will record the function of the vestibular ocular reflex. (i.e. The relationship between the ears and the eyes).

### VNG and Air Calorics

Goggles track how accurately the eyes can follow moving objects. This is called visual nystagmography and helps to differentiate between central and peripheral balance disorders. For calorics, warm and cool air is delivered to your ears and this elicits a natural reflexive eye movement (nystagmus) that occurs when we turn our head. It is very normal to feel dizziness or a floating sensation during this test however, it is for a very short amount of time and no one ever feels dizzy leaving the clinic.

### Rotary Chair

You will sit in a rotational computerized chair positioned in the middle of the room. The chair is similar to those used during eye exams, with the addition of a seatbelt and security head strap to keep your torso and head in place. Just like the VNG test, patients will wear goggles that monitor their eye movements. This test aims to determine if the vestibular (inner ear) or the neurological system is the cause of a balance disorder. movements.

## How will I feel following my appointment?

Following the Balance test some patients can find themselves feeling tired and a little bit hungry due to the fasting. Their eyes can also become fatigued as a result. The dizziness experienced is only during the assessment.

For these reasons we always advise that you have a family member or loved one drive you home following your assessment.

