

Vestibular (Balance) Assessment

Patient Information

Author ID: KF
Leaflet Number: Audio 007
Version: 4
Name of Leaflet: Vestibular (Balance) Assessment
Date Produced: August 2019
Review Date: August 2021



Introduction

Your balance assessment can last up to 90 minutes. There are two main tests involved:

1. VHIT (Video Head Impulse Test) - During this test, the patient wears glasses-like video goggles and maintains his or her visual focus on a fixed target whilst the examiner makes some small but quick movements of the patient's head.
2. VEMP (Vestibular Evoked Myogenic Potentials) test - During this test, the patient sits in a chair and turns his or her head to certain POSITIONS whilst listening to sounds presented through earphones. The neck muscle activities are recorded by electrodes placed on the head and neck.

During these tests:

- Sophisticated goggles which contain cameras are placed over the eyes.
- You will be required to observe a series of moving lights.
- You may be asked to hold your neck in certain positions

Your ENT Consultant may order one or both of these tests depending on your history. The results of the tests will be discussed with you by the Consultant at your next appointment.

IMPORTANT INFORMATION

Please **DO NOT**:

- Drink alcohol for 48 hours before your appointment.
- Please **DO NOT** wear eye makeup.

Please **DO**:

- Inform the Audiologist if you suffer from any form of seizure.
- Inform the Audiologist if you have any head, neck or back complaints.

If you require any further information please contact the Audiology Department on 01942 774667 or email audiology@wwl.nhs.uk and we will be happy to discuss this with you.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your information” leaflet which can be found on the Trust website:

https://www.wwl.nhs.uk/patient_information/Leaflets/

This leaflet is also available in audio, large print, braille and other languages upon request. For more information please ask in department/ward.

© Wrightington, Wigan and Leigh NHS Foundation Trust
All rights reserved. Not to be reproduced in whole or in part without the permission of the copyright owner

