

Vestibular (Balance) Assessment v6

Vestibular (Balance) Assessment

Patient Information

Audiology Department

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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 visual focus on a fixed target while 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 their head to certain positions while 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 containing 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.
- 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.

Contact Details

If you require any further information, please contact the Audiology Department on telephone 0300 707 5665 or email audiology@wwl.nhs.uk and we will be happy to discuss this with you.





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