

# Patient Information: Balance Diagnostic

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This assessment is designed to provide detailed information about the nature of your balance problem.

## **How long will the appointment be?**

1½ - 2 ½ hours

## **What to expect during the appointment**

The assessment involves monitoring your eye movements using video goggles. You will be asked to follow moving targets on a screen. Additionally, a part of the test may require irrigating your ears with air or water.

The information from the tests will assist your ENT doctor in diagnosing or confirming the cause of your balance condition.

## **Preparation guidelines**

- Ensure your ears are free of wax before attending your appointment.
- Avoid wearing eye make-up, as it may interfere with the testing equipment.
- Refrain from consuming alcohol for at least 48 hours prior to the assessment.
- If you are taking medication specifically for dizziness, please stop taking it 48 hours before the test. However, continue with all other prescribed medications as normal.
- There are limited facilities available in the building and it is recommended you bring your own water bottle.

## **After the test**

It is normal to feel some unsteadiness for a few hours following the assessment. As a precaution, consider arranging alternative transport home after your appointment.

If you have any questions or concerns regarding the assessment, please do not hesitate to contact us before your appointment.

