

Patient Information: Tinnitus Appointment

You will be seen by an Audiologist or Hearing Therapist who has specialist knowledge of tinnitus. With the appointment letter, you will have been sent two questionnaires. Please fill these in the day before the appointment regarding how you have been feeling and how the tinnitus has been affecting you in the week prior to the appointment. You are welcome to bring someone with you to the appointment if you wish.

How long will the appointment be?

40 to 60 minutes

What to expect during the appointment

We will explain why you have become aware of tinnitus and suggest ways you can reduce your awareness of it.

If you are diagnosed with a hearing loss, we will recommend hearing aids. Hearing aids have been shown to be beneficial in reducing tinnitus awareness with time.

If your hearing is normal, we can provide ear level sound generators. These are devices which look like hearing aids but have sound generation technology to make gentle sounds to disrupt your ability to tune into the tinnitus. In addition, we can discuss ways to improve your sleep if the tinnitus is disturbing it.

Tests that may be carried out:

- The Audiologist will look in your ears.
- A hearing test will be carried out using several different types of headset.
- A pressure test checking the function of the middle ear may be performed if your audiologist feels that it is necessary.