

**YOU SHOULD EXPECT THE APPOINTMENT TO  
LAST ONE AND A HALF HOURS**

If you have any concerns at all about the test you need to contact the Audiology Department and we will be more than happy to discuss this in more detail. Please read the next page for what you need to do before and on the day of the assessment.

**What to do before the  
assessment ?**

- If you are taking any medication for your dizziness you will need to stop taking these at least 48 hours before the test otherwise the test results will be invalid.  
**Do not stop any other medication.**
- Make sure you have someone available to accompany you on the day of the test and who is happy to wait for you for about an hour and a half.
- Please make sure that you have told us of any other medical condition that may be important. e.g. any heart conditions, neck or back problems, ear infections etc.
- If you work night shift or irregular shifts please ensure that you have at least 24 hours break before the assessment. You need to be alert and not feel too tired.

**What to do on the day of the  
assessment?**

- Make sure you bring with you any medication for your dizziness. You can take this immediately after the test.
- If you need glasses for distance please bring these with you.
- If you normally wear make up please do not use foundation or eye make up. You can bring these with you to apply after the test.

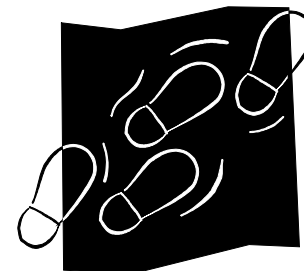
**If at any point you have any concerns or  
questions please do ask!**

**This leaflet has been reviewed by the  
Patient Information Group,  
Leighton Hospital**

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Mid Cheshire Hospitals **NHS**  
NHS Trust

**Tests for  
Balance  
Problems**



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INVESTORS IN PEOPLE



This leaflet explains the tests we need to carry out in order to help with the diagnosis of your balance problem.

## ENG and Caloric Test

Electronystagmography (ENG) and caloric irrigation are tests used to look at how the balance organ in the inner ear is functioning. This test is performed because the balance organs of the ear control the movement of the eyes very precisely and a problem with the ear or brain centres controlling balance can cause abnormalities in eye movement.

We can see how the eyes react when looking in different directions and when your head and body is in a particular position.

For this test you will be sat on the edge of a couch (or on a chair), you will have electrodes positioned around your eyes (these are small sticky pads that pick up tiny movements from the muscles around your eyes). You will be asked to look at and follow some red lights on a 'light bar' that will move in different positions.

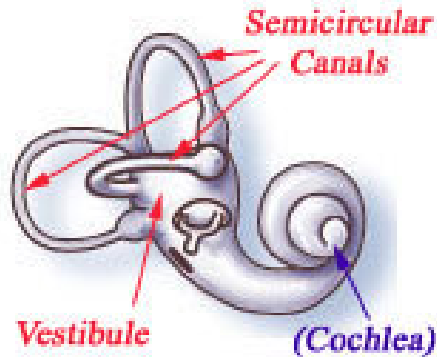
You will also be asked to move your head in different positions.

We may also move you in different positions.

From this we will be able to see if you go dizzy.

## Caloric Irrigation Test

In this part of the assessment we will be looking to see if there is a weakness in one of the balance organs.



We will need to induce a temporary dizziness that will last a few moments and will then subside. In order to do this we will need to warm up and cool down each ear in turn with warm and cool water.

For this test you will be asked to lie down on the couch with your head slightly raised. The electrodes that you have on for the ENG test will remain and this will record your eye movement.

The water will be introduced into the ear for 30 seconds (as the water runs out of the ear we collect it in a special bowl that sits under the ear).

You will then be asked to close your eyes and start a counting or speaking

exercise. The lights will be turned out at this stage. This is so that you do not have any visual clues, which can stop the dizziness.

You may, or may not feel a little dizzy during the test and we expect this to happen. We do not want you to worry about this as it will be safe and will not last long. The dizziness will subside and we will then turn the lights back on and give you 5 minutes before we move to the opposite ear.

Once we have irrigated each ear and recorded the results the electrodes will be removed and you will be asked to sit up for a short time to allow your balance system to settle. You will then be allowed to leave when we are happy that you are feeling fine.

It is recommended that you bring someone along with you so that they can drive you home or accompany you on public transport - this is only to be safe and most people are fine after the test. Depending on the results from the test the ENT Consultant will be able to advise the next stage of your management. You may be given exercises to do at home that will help in controlling your dizziness.