



Our Nutfield Vertigo clinic is delivered through a collaborative partnership between Gatwick Audiology and ENT Surrey, providing a comprehensive and integrated approach to patient care.

Patient Information Guide

Vestibular & Balance Testing

Please read this information carefully before attending your appointment.

Purpose of the Assessment

Vestibular and balance testing is carried out to assess the function of your inner ear, balance system, and associated pathways.

The results help your clinician identify the cause of symptoms such as dizziness, vertigo, or imbalance, and guide appropriate treatment.

Before Your Appointment – How to Prepare

Medications

Some medications—particularly those used for dizziness, vertigo, or nausea—can affect test results. Do not stop taking any medication without consulting your GP or prescribing doctor. If advised, you may need to stop vestibular suppressants (e.g. Stemetil, Serc, Valium, Phenergan) 24–48 hours before testing.

Food & Drink

Avoid heavy meals for at least 2 hours before your appointment. Stay well hydrated, but avoid caffeine, alcohol, and energy drinks for 24 hours prior to testing.

Cosmetics & Skincare

Please remove all makeup, especially around the eyes and eyelids. Do not wear false eyelashes, as they can interfere with eye movement recordings.

Clothing & Comfort

Wear comfortable, loose-fitting clothing and flat shoes to allow easy movement during testing.

Transport & Support

You may feel temporarily dizzy after the assessment. Do not drive immediately afterwards. If possible, arrange for a family member or friend to accompany you.

During the Assessment – What to Expect

The assessment can take up to two hours, depending on the number of tests which may include:

- Eye movement recordings
 - Head and body position tests
 - Visual tracking tasks
 - Caloric testing, where warm or cool air or water is gently introduced into the ears to stimulate balance responses
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Possible Risks and Discomforts

You may experience:

- Temporary dizziness or vertigo
- Nausea or mild imbalance
- Head or neck discomfort from certain positions
- A very small risk of falls (you will be supported throughout)
- Occasional anxiety or panic symptoms

Note: These effects are usually short-lived and settle soon after testing. Please inform your clinician if you feel uncomfortable at any time.

Precautions

Please inform your audiologist if you:

- Are pregnant
- Have any neck or spine problems
- Experience severe anxiety
- Have any other relevant medical conditions

Do not drive if you feel dizzy or unsteady after the assessment.

Emergency Protocol

In the unlikely event of a medical emergency (such as fainting, severe vertigo, or injury), immediate assistance will be provided. Emergency services will be contacted if necessary.



After Your Appointment

- Mild dizziness or fatigue may occur and usually resolves within a few hours
- Take your time when standing up and move carefully
- Avoid driving or operating heavy machinery until you feel stable
- Resume medications as advised by your GP or specialist

Contact Us

If you have any questions or concerns before or after your appointment, please contact us:

Phone: 0333 011 7717

Email: hello@gatwickaudiology.co.uk

Address:

Nutfield Ear Care Centre

Vertigo Clinic

Robert Denholm House

Bletchingley Road

Nutfield, Surrey

RH1 4HW