



# Good Ear Health & Going for a Hearing Test (Audiology)



**An Easy Read Booklet**

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# How to look after your Ears and Hearing



**Do not** put any objects like cotton buds into your ears

Ear wax is normal



Do not listen to loud music all the time



Give your ears time to rest (some quiet time)

# Some signs of a hearing problem



Might be hard to hear the telephone ringing



You may have to turn the television volume up loud



Asking people to repeat themselves

Other people may tell you



Feel tired or stressed from listening

# If you think you have a hearing problem



Make an appointment with your GP

Tell your GP about your ears or hearing

Tell your GP about any other health problems, like a cold

GP may look inside your ear with an Otoscope

It is not painful or uncomfortable

GP will talk to you about any possible treatment or further testing



# Need a Hearing Test



Your GP will write a letter asking for an appointment



A letter will be sent to your home with an appointment for Audiology



An Audiologist is a health professional who knows about ears

They will do the Hearing Test

# What is a Hearing (Audiology) Test

The Hearing Test will take place in a quiet room

They will look inside your ear with an Otoscope

The audiologist will explain what they are going to do

It is not painful or uncomfortable



# What is a Hearing (Audiology) Test



An Otoscope is a small tool with a light and magnifying lens which helps to see inside your ear



You will be asked to put headphones over your ears



You will be given a button to hold

If you can't hold the button you can just raise your hand



# What is a Hearing (Audiology) Test



When you hear a sound in the headphones, push the button

Or



Raise your hand

Tell the ear doctor if it is uncomfortable or painful



The audiologist will tell you if you have a problem with your hearing

# Typanometry Test



You may need a different test called a Typanometry Test

The test does not hurt

The audiologist will put a small earbud inside your ear with a wire attached

The wire connects to a machine which measures pressure in your ears

During the test you will feel like your ears have blocked for 2-3 seconds

# After the Hearing Test

The audiologist will tell you what the tests have shown them and what might help you hearing

Fitting a hearing aid does not hurt

If you need a hearing aid the audiologist will arrange an appointment to have it fitted



# Hearing Aids



A Hearing Aid is a small tool that goes inside your ear

There are different types of hearing aids



Open Fit



Ear Mould Hearing Aid

# Fitting a Hearing Aid



The Audiologist will take a mould of your ear

This does not hurt



The mould feels cold in your ear

You cannot hear when the mould is in your ear



The mould helps to shape your hearing aid so it fits in your ear

# Tips about your new Hearing Aid



It takes times to learn how to use your hearing aid

And learn to listen again

Use it regularly



Loop system helps you hear.

Ask the audiologist if your hearing aid has been activated



**Never** put your hearing aid near water or using a hair dryer

## Further help and information



Central Advice Line

Telephone

01698 456556

Or

Text 07795 401 016



[www.nhslanarkshire.org.uk](http://www.nhslanarkshire.org.uk)

Audiology Services

[www.hearing.nihr.ac.uk](http://www.hearing.nihr.ac.uk)

C2 Hear online

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[www.careopinion.org.uk](http://www.careopinion.org.uk)