Natural Sleep Auditory Brainstem Response (ABR)

(Test instructions)

Appointment:

Date _____ **Time** _____

Your child has been scheduled for an Auditory Brainstem Response (ABR) evaluation to take place at the **University of the Pacific Hearing and Balance Center** located at 155 Fifth Street, San Francisco, CA, 94103.

An ABR is an objective test that measures "brain waves" produced when the ear hears sounds. This test assesses the function of the auditory (hearing) pathways, from the ear to the brainstem. In order to perform this test, your child must sleep throughout the procedure. Sensors will be placed on your child's forehead and behind both ears or on the earlobes. Earphones will be placed in your child's ears that will present different sounds to the ear at varying intensity levels. There will not be any discomfort during the test.

Upon completion of the test, the audiologist will discuss the results. A report will be written to you (the parents/guardians) as well as the referring physician discussing the results and outlining any recommendations.

In order to help your child sleep during the test, please follow the instructions below:

- Keep your child up later than usual the night before and wake your child earlier than usual the morning of the test procedure.

- Please attempt to keep your child awake on the drive to our clinic.

- A full stomach will help your child sleep for the procedure. Therefore we ask that you wait to nurse or bottle feed your child until you have been called back into the exam room.

- Please bring a few familiar items (ie. toy, pacifier) for your child- a blanket is also helpful to have on hand.

- If you have other children who must come with you to the appointment, please make sure there is another adult present to watch them.

We realize that it is difficult to not allow your child to sleep or eat; however, it is very important for the success of the procedure and allows the audiologist to obtain the most reliable results.

Please do not hesitate to contact us at **415-780-2001** if you have any questions regarding the test itself or the test instructions.