



# What to Expect at Your Hearing Test

## Patient Information Sheet – Holistic Hearing Solutions

### What happens at a hearing test?

A hearing assessment is simple, comfortable, and completely painless. It helps us understand how well your ears and brain are working together to hear and process sound.

At Holistic Hearing Solutions we perform a **comprehensive hearing assessment**. This means the appointment is more detailed than the basic free hearing screenings sometimes offered in retail environments.

Because of this, your appointment typically takes **around 60 minutes**, allowing us enough time to carefully assess your hearing and explain the results clearly.

Most patients find the tests straightforward and often say the appointment was easier than they expected.

Our goal is not only to measure hearing, but to understand how hearing affects communication, daily life, and overall wellbeing.

### Step 1 – A conversation about your hearing

Your appointment begins with a discussion about your hearing and communication.

- When did you first notice hearing difficulties?
- Do you struggle in noisy environments or group conversations?
- Do you experience tinnitus (ringing in the ears)?
- Have you had ear infections, noise exposure, or ear surgery?
- Are there situations where hearing is particularly difficult?

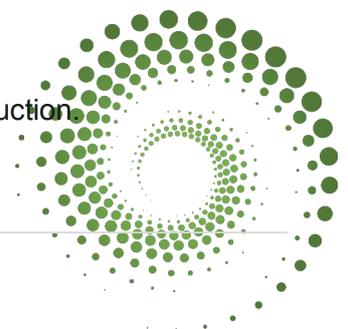
### Step 2 – Looking inside the ears

We examine the ear canal and eardrum using **Video Otoscopy**. This uses a small camera that allows both the audiologist and the patient to see the ear canal and eardrum clearly on a screen. Many patients find this helpful as it allows them to better understand their ear health and any findings during the examination.

Video Otoscopy allows us to check for:

- Ear wax blockage
- Ear canal irritation or infection
- Eardrum health
- Signs of middle ear problems

If wax is present and preventing testing, we can usually remove it safely using microsuction.





## Step 3 – Checking middle ear function

We perform Impedance Audiometry, which includes Tympanometry and, if necessary, Acoustic Reflex testing. These tests assess how well the middle ear system is functioning and may help identify:

- Middle ear fluid
- Eustachian tube dysfunction
- Reduced eardrum mobility
- Other middle ear abnormalities

The test is quick and simply involves placing a soft probe in the ear canal for a few seconds.

## Step 4 – Measuring hearing sensitivity

You will sit comfortably in a quiet room and listen to a series of sounds through headphones. When you hear a sound, you simply press a button or raise your hand. This test measures the quietest sounds you can hear at different pitches. From this we create an **audiogram**, which is a chart showing how well your hearing works.

## Step 5 – Understanding speech

Hearing is not only about detecting sound — it is about understanding speech.

- Speech clarity testing
- Speech in background noise testing

These tests help explain why someone may hear sounds but still struggle in busy environments such as restaurants or family gatherings.

## Step 6 – Explaining your results

After testing we explain your results in clear, everyday language. We will discuss:

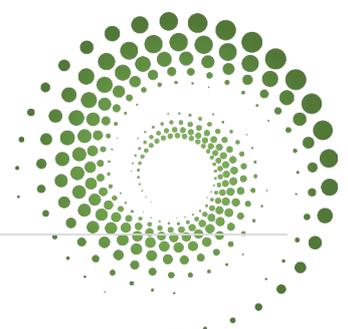
- Whether your hearing is within normal limits or reduced
- The type and degree of hearing loss
- How hearing changes may affect communication
- Practical next steps

If hearing loss is identified, we will talk about appropriate options which may include monitoring, communication strategies, medical referral, or hearing technology.

## Our Approach

At Holistic Hearing Solutions our goal is not simply to measure hearing — it is to help people hear, communicate, and stay connected.

- Clear explanations
- Evidence-based care
- Practical communication solutions
- Long-term hearing health





**HOLISTIC  
HEARING**  

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## Preparing for your appointment

- Bring your GP referral (if provided)
- Bring any previous hearing test results
- Bring your current hearing aids, if you wear them
- Write down any questions or concerns

