

Welcome to Hearing Health Services

Whidbey's Premier Audiology Clinic, as voted by our community members for 13 years and counting (winner of Best of Whidbey 2012–2025)!

We are proud to welcome you to our balance department, where we will guide you through the most advanced, evidence-based neurodiagnostic vestibular and balance evaluation. Our testing protocols are patient-centered, comfortable and usually completed within 90–120 minutes. The findings provide us with valuable data that allows us to offer you the most efficient and cost-effective treatment options.

Our entire team looks forward to providing you with our gold standard of care!

WHAT TO EXPECT AT YOUR APPOINTMENT

Your visit will include a variety of simple but technically advanced tests using computers and highly specialized equipment not available in most medical centers. There will be no pins or needle sticks. Your appointment will last 60–90 minutes.

Before each test, an explanation will be given so that you will have a better understanding of what is being tested and why. We will make every effort to ensure your visit is comfortable and educational.

We will discuss your test results whenever possible and send all results to your referring physician.

DOS AND DON'TS

So we can obtain accurate results, we ask that you please review the following instructions carefully:

1. Do bring your photo ID, insurance card and list of medications.
2. Do **not** wear any makeup, including mascara, eyeliner or face lotions. These products might interfere with the recordings.
3. Do **not** drink alcoholic beverages for 48 hours before the test
4. Certain medications can influence the body's response to the test, thus giving a false or misleading result. If possible, please refrain from taking the following medications for 48 hours prior to your appointment:
 - Anti-Vertigo Medicines: Antivert®, Ru-Vert-M or Meclizine
 - Anti-Nausea Medicines: Atarax®, Dramamine®, Compazine®, Antivert®, Bucladin, Phenergan®, Thorazine® or Scopolamine Transdermal
5. Vital medications SHOULD NOT be stopped. Continue to take medications for your heart, blood pressure, thyroid or diabetes, as well as anticoagulants, birth control or antidepressants. If you are unsure about discontinuing a particular medication, please call your physician to determine if it is medically safe for you to be without it for 48 hours.

6. Eat lightly on the day of your appointment. If your appointment is in the morning, you may have a light breakfast, such as toast and juice. If your appointment is in the afternoon, eat a light breakfast and have a light snack for lunch.
7. Testing may cause a sensation of motion that may linger. If possible, we encourage you to have someone accompany you to and from the appointment. However, if this is not possible, try to plan your day so you have an extra 15–30 minutes after your test to rest before leaving the office.

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