

SAN FRANCISCO OTOLARYNGOLOGY

Providing ear, nose, and throat care since 1940

ADULT AUDITORY BRAINSTEM RESPONSE (ABR) TEST INSTRUCTIONS

Appointment:

Date _____ Time _____

You have been scheduled for an Auditory Brainstem Response (ABR) evaluation to take place at **San Francisco Otolaryngology Medical Group**.

The following instructions are for an **ABR WITHOUT SEDATION**.

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) pathway, from the ear to the brainstem. This procedure is best performed while you are asleep. Electrodes will be placed on your forehead and behind both ears or on the ear lobes. Earphones will be placed in your ears that will present different tones and clicks to the ear. There will not be any discomfort during the test. Upon completion of the test, the audiologist will discuss all the results. A report will be written to you as well as the referring physician discussing the results and any recommendations.

In order to perform the test, please follow the instructions below:

- As electrodes will be placed, please do **NOT** use any lotions, powders, or make-up on your face.
- You will be asked to relax and sleep for approximately 1 ½ hours. For this reason, do not drink any caffeinated beverages (coffee or soda pop) after midnight prior to the day of testing. You may eat prior to the test.

How well you relax and sleep it is very important for the success of the procedure and allows the audiologist to obtain the most reliable results. Please call us at **415-362-5443** if you have any questions regarding the test itself or the test instructions.