

# Caloric Testing

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Caloric testing is a medical procedure used to evaluate the health of a person's inner ear and the vestibular nerve, which is responsible for balance and spatial orientation.

Step	Procedure
1	Have the patient lie down on a couch or exam table.
2	Explain the procedure and ask the patient to remain still during the test.
3	Attach video goggles to the patient's head to record eye movements.
4	Close the front cover of the goggles and ask the patient to keep their eyes open.
5	Begin by introducing warm water or air into the patient's ear canal using an ear syringe.
6	Record the patient's eye movements for 30-60 seconds, then remove the ear syringe.
7	Repeat steps 5 and 6 with cool water or air in the opposite ear.
8	Wait a few minutes for the patient to recover between each irrigation.
9	Record and analyze the patient's eye movements for any abnormal responses.

## Reminders before and during the procedure

### 1. Review the patient's medical history and medications.

Certain medical conditions and medications can affect the results of the test, so it's important to review the patient's history and medications before performing the test.

### 2. Ensure that the equipment is functioning properly.

The video goggles, ear syringes, and other equipment used during the test should be checked and tested to ensure they are functioning properly before the test.

### 3. Explain the procedure and answer any questions the patient may have.

It's important to explain the procedure to the patient in a clear and concise manner, and to address any concerns or questions they may have before beginning the test.

### 4. Monitor the patient for any adverse reactions during the test.

Although rare, some patients may experience adverse reactions during the test, such as severe dizziness, nausea, or vomiting. The clinician should monitor the patient for any signs of discomfort or distress and take appropriate action if needed.

### 5. Document the test results accurately and thoroughly.

The results of the test should be recorded accurately and thoroughly in the patient's medical record, including any abnormal responses or other findings.

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Additional notes