



NEWBORN HEARING SCREENING & ABR INSTRUCTIONS

How Should You Prepare for a Repeat Newborn Hearing Screening?

- Keep your baby up a bit later the night before and wake them up early the day of the appointment.
- Wait until you arrive at the appointment to then feed the baby. This way you arrive with the baby tired and hungry and ready to eat and then fall asleep.
- ***If your baby is sleeping in the car seat when you arrive, please do not remove them from the car seat to feed them.***

What should you expect during your baby's hearing screening?

After looking in your baby's ear to make sure the ear canal is clear, there are two tests that are done.

- **Tympanometry** – this is a test of the middle to make sure that your baby's eardrum is moving normally and that there is no significant negative pressure or fluid behind your baby's eardrums.
- **Otoacoustic Emission (OAE)** – this test is done by placing a small microphone in your baby's ear. Your baby will listen to a clicking sound at different pitches, and the machine will measure how healthy the Cochlear (inner ear) is.
- These tests should take no more than ten to fifteen minutes, depending on how still your baby is. *

How should we prepare for an Auditory Brainstem Response (ABR) test?

- **For Younger than 6 months**, the ABR can usually be done without **sedation** (medication to make your child relaxed). Your baby must sleep during the entire test. To help your baby stay asleep:
 - In the hours before the test, don't feed your baby or let your baby sleep. If possible have another adult in the car to keep your baby awake especially if it's a long commute.
 - Arrive for the test when your baby is hungry and tired but awake.
 - Before the test begins, the audiologist (hearing specialist) will ask you to feed your baby and make your little one comfortable. Your baby can sleep in your arms or a crib for the test.
- **6 months or older**, the ABR may need to be done with sedation. This will help your child stay completely still and quiet during the test. You will need your Physician to refer you to a facility that does testing with sedation.

What should you expect during your baby's Auditory Brainstem Response (ABR) test?

- The Audiologist will use a facial cleanser to remove any oils from your baby's forehead, cheek, and behind the ears.
- Electrodes will then be placed in these areas, and headphones will be placed in your baby's ears.
- Using various "clicking" sounds the Audiologist will find the softest level your baby can hear at different pitches, in both ears. The results from this test will let you know exactly what your baby can and cannot hear.
- This test could take up to one hour, depending on how long it takes your baby to fall asleep. *

***The Importance of Sleep for Testing.**

It is **very** important that your baby is sleeping during testing, ***especially for the ABR test.*** If your baby is awake their eyes will be moving which moves the muscles that are near the electrodes. Muscle movement can create noise or "artifact" and make it difficult and sometimes impossible to get an accurate response. If your baby has noticeable congestion and is breathing heavily, it would be best to reschedule the appointment for a later date.

*****Please Note:** *If the caregiver is bringing multiple children an additional guardian or caregiver needs to be present to monitor other children in the lobby so parent/guardian/caregiver can focus on the appointment. ****

If you have any questions or concerns, please feel free to contact us and speak with our Audiologist.

Information is taken or modified from: <https://listenwithlindsay.com/5-tips-for-preparing-a-baby-for-a-newborn-hearing-screening-or-abr-hearing-test/>