



ABR TEST INSTRUCTIONS

Dear Parent or Guardian:

Your child has been scheduled for an Auditory Brainstem Response (ABR) examination that can last up to 2 hours. It has no risks, it is not invasive, and it is not painful. This is a type of hearing test that is routinely performed on infants to estimate how well they can hear. This is done by placing stickers on their head and on their ears and measuring the way the child's hearing nerve responds to different sounds. The responses are very small, and difficult to detect when the infant is moving. **As a result, the testing can only be completed if your child is sleeping during the appointment. To help make this happen, please follow the instructions below:**

1. Keep your child up late the night before the exam and wake them up early.
2. Try not to allow your child to nap before the exam. Keep your child awake in the car on the way to the clinic. It may be useful to bring someone else without to help keep them awake as you drive.
3. Bring your child to the appointment hungry. Feeding them right before the exam will help them fall asleep. There will be plenty of time for your child to eat during the appointment, so please be prepared to feed them at the clinic.

If the child is unable to fall asleep during the appointment, it will have to be rescheduled.

If you have any questions, please feel free to contact us at (907) 456-7768, Monday through Friday from 9:00 am to 5:00 pm.

Thank you.

Sincerely,

Fairbanks Hearing and Balance Center
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Fairbanks, AK 99079