



SEDATED ABR INSTRUCTIONS: 6 MONTHS- 4 YEARS OLD

Please Read These Instructions Carefully

Your child has been scheduled for a special hearing test called a threshold Auditory Brainstem Response (ABR), most commonly abbreviated as ABR. The ABR evaluation is a test that evaluates how well the sound travels from the ear to the level of the brainstem. ABR responses are recorded by placing 3 stickers called electrodes on the child, one on his/her forehead and one behind each ear, and then stimulating the ear with brief auditory signals via insert earphones.

By placing electrodes on the child's head, the ABR is testing the neural electrical activity from areas within the cochlea, 8th nerve, and the brainstem in response to an auditory stimulus. This neural activity allows the audiologist to mark responses on the waves recorded in response to stimulation presented at different intensity levels across low and high frequencies. The lowest level at which neural responses are obtained is considered the threshold of hearing for that particular frequency.

In order to obtain reliable information regarding your child's hearing status, we ABR test will be performed while your child is asleep or resting quietly as noise and movement can affect test results. If the child is younger than 5-6 months, ABR can most likely be done while the child is naturally sleeping in our office. For older children, oral sedation will be utilized to help you child sleep through the test session. Please note that oral sedation is not effective in all children and therefore there is a chance that the ABR may not be completed.

We will need your assistance with the following:

- ❖ **PLEASE** partially deprive your child of sleep the night before the test: Put your child to sleep 1 hour later and wake your child 1 hour earlier than is his/her usual sleep schedule. This will help your child sleep for the evaluation. Do not keep him/her awake any more than this amount as it can lead to less success with the sedation.
- ❖ **NO food, breast milk, milk or formula, etc. 6 hours prior to your appointment time.**
- ❖ **Your child may have CLEAR LIQUIDS (water or Pedialyte) up UNTIL 2 hours prior to your appointment time**
- ❖ **PLEASE DO NOT** let him/her sleep on the way to the appointment. It may be helpful to have a friend or family member drive you to the appointment so you can keep your baby awake during the drive.
- ❖ **PLEASE** bring a container of clear liquid (apple juice, Pedialyte, water) for your child to drink after the evaluation is completed. Milk or formula will not be allowed until he/she has had clear liquids.
- ❖ You should bring a blanket and comfort toy to the appointment so your child will be comfortable during the testing.
- ❖ Most parents find it helpful to bring a friend or family member to the appointment with them as we will be discussing the results after the test.