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| A close-up of a sign  Description automatically generated | Welcome! |

**Welcome to NHB**

At National Hearing and Balance, our mission is to bring the highest quality, most comprehensive hearing care to all our patients and their loved ones. With this mission in mind, we strive to be a practice where the entire spectrum of hearing health care and balance needs of patients are addresses. That’s why we offer a full range of hearing and balance services.

Your testing will be at:

156 W. Sunset Road, Ste 200, San Antonio, Texas 78209 Phone: 210-802-4058

602 31ST ST, HONDO, TX 78861 Phone: 210-802-4058

6709 Academy Road NE, Ste B, Albuquerque, NM 87109 Phone: 505-207-7550

3917 West Road, Ste 200, Los Alamos, NM 87544 Phone: 505-309-0870

**Appointment Date and Time:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**What to Expect at Your Appointment?**

Your visit will include a variety of simple but technically advanced tests using computers and highly specialized equipment not available in most medical centers. There will be no pins or needle sticks. Your appointment will last 60-90 minutes.

Prior to each test and explanation will be given so that you will have a better understanding of what is being tested and why. We make every attempt to make your visit comfortable was well as educational.

We will be sure to discuss the results whenever possible and send all results to your referring physician.

**DOs and DON’Ts**

1. Do bring your Photo ID, Insurance Cards, and List of Medications
2. **Do not wear any makeup, including mascara, eye liner, or face lotions. These products interfere with the recording.**
3. Do not drink alcohol beverages 48 hours before the test.
4. Certain Medications can influence the body’s response to the test, thus giving a false or misleading result. If possible, please refrain from taking the following medications for 48 hours prior to your appointment. Anti-vertigo medicines: Anti-vert, Ru-Vert, or Meclizine; Anti-nausea medicine: Atarax, Dramamine, Compazine, Antiver, Bucladin Phenergan, Thorazine, Scopalomine, Transdermal.
5. Vital medications SHOULD NOT be stopped. Continue to take medications for heart, blood pressure, thyroid, anticoagulants, birth control, antidepressants, and diabetes. If you are unsure about discontinuing a particular medication, please call your physician to determine if it is medically safe for you to be without them for 48 hours.
6. Eat lightly the day of your appointment. If your appointment is in the morning, you may have a light breakfast such as toast and juice. If your appointment is in the afternoon, eat a light breakfast and have a light snack for lunch.
7. Testing may cause a sensation of motion that may linger. If possible, we encourage you to have someone to accompany you to and from the appointment. However, if this is not possible, try to plan your day to include an extra 15 to 30 minutes after your test before leaving the office.