



## Hints and tips for new hearing aid users

### **Booking your hearing test**

Request a longer appointment to give you time to test the hearing aids properly and ask questions without feeling rushed.

### **Preparing for your hearing test:**

Clean your ears to clear any excess or loose wax.

Prepare questions: What will they test for? What types of hearing aids are available? Do they have Bluetooth? Where to go to clean hearing aids? Any local drop-in centres?

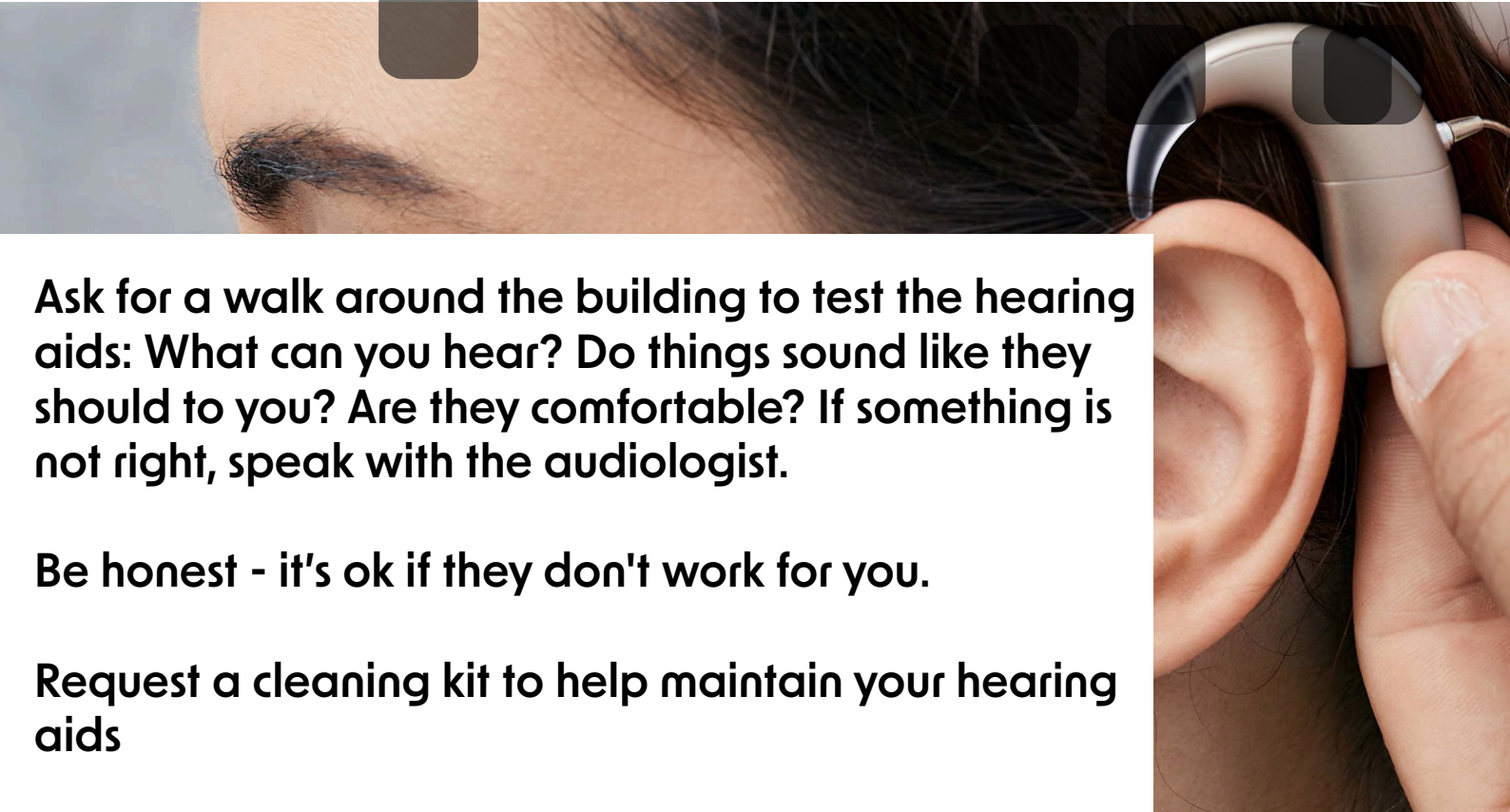
If you feel overwhelmed or anxious, it's ok. If possible, take someone with you for support.

### **During the hearing test**

The range of NHS hearing aid types is limited. Ask your audiologist what types are available and which would be best for you.

Make sure the hearing aids feel comfortable and not loose. If you wear glasses, make sure to wear them when trying on the hearing aids.





**Ask for a walk around the building to test the hearing aids: What can you hear? Do things sound like they should to you? Are they comfortable? If something is not right, speak with the audiologist.**

**Be honest - it's ok if they don't work for you.**

**Request a cleaning kit to help maintain your hearing aids**

**Request an NHS battery card that provides of your hearing aids.**

## **After your hearing test**

**Be prepared to hear new and different noises, including the sound of your own voice.**

**Be cautious of wind and bodies of water. Wind will be amplified and may make it harder to hear other sounds.**

**Have replacement batteries with you. You could miss the low charge alert and be left without functional hearing aids.**

**Clean the tubes regularly to reduce effects from condensation, earwax and sweat.**

**Be patient - It will take time to get used to your new hearing aids.**

**For more information about hearing aids. please contact Deafblind UK:**

**Telephone: 0800 132 320**

**Text: 07903 572 885**

**Email: [info@deafblind.org.uk](mailto:info@deafblind.org.uk)**