



Department of Audiology and Hearing Therapy

What to Expect at a Hearing Aid Fitting Appointment

What will happen at my appointment?

When you go to the hospital you will be seen by an audiologist. Your appointment will last up to one hour. The hearing aids will fit behind your ears and will be attached to either custom-made earmoulds or thin tubes, which will fit into your ear.

The first thing that we will do is to look in your ears and check how well the earmoulds or tubes fit. We will make adjustments if necessary and will then attach the hearing aids to the earmoulds/tubes. The hearing aids will be plugged into the computer to allow us to adjust the settings.

The audiologist will perform a test to assess the performance of the hearing aids in your ears. This involves putting a very thin tube into your ear canal. You will be asked to look straight ahead and you will hear some sounds. You are not required to respond to these sounds. The hearing aid will then be inserted, and you will hear more sounds whilst adjustments are made to the hearing aids.

We will spend some time familiarising you with the controls of the aids and practising inserting them into your ears. You will be provided with written instructions and information to take away with you. Please feel free to ask questions at any point.

What can I do to prepare for the appointment?

Please ensure that your ears are clear of wax for the appointment. If you are concerned that you may have a build-up of wax in your ears, please seek advice from your GP practice or local pharmacy. Do not use your fingers or any objects like cotton buds to remove earwax. This will push it in and make it worse.

Should I bring somebody with me?

You are more than welcome to bring a partner, friend, relative or carer with you. Indeed, it can be useful to have somebody else there to take in all the information.

Getting used to your hearing aids

It could take up to two months to get used to your new hearing aids, but do not worry if it takes longer than this. The more often you wear your hearing aids, the faster you will get used to them.

When you first get hearing aids, it will take some time to get used to:

- the feeling of them in your ears
- using different settings
- cleaning and maintaining them
- adjusting to all the new sounds you can hear.

Contact Numbers:

We hope that you have found this information useful. If you have any questions or are worried about anything, please contact the Audiology Department:

Telephone: 01305 255563

Email: Audiology@dchft.nhs.uk

Useful Websites:

RNID:
<https://rnid.org.uk/information-and-support/>

C2Hear:
<https://c2hearonline.com/>

Our Dorset Video Library:
<https://healthvideos.ourdorset.nhs.uk/audiology>

About this leaflet:

Author: Shelley Baines, Clinical Scientist
Written: November 2012
Updated & Approved: Rachel Beeby, August 2021
Review Date: August 2024
Edition: v2

If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



© 2021 Dorset County Hospital NHS Foundation Trust
Williams Avenue, Dorchester, Dorset DT1 2JY
www.dchft.nhs.uk