

# Auditory Brainstem Response (ABR) Special Instructions



## What is an ABR?

An ABR stands for Auditory Brainstem Response. It is a way to measure a child's hearing without the child having to respond. Instead, it tests to see if the brain responds to sound. This test is mostly done on infants and small children who cannot, or are unable to, get their hearing checked with a behavioral hearing test (such as asking a child to raise their hand or look to a certain direction when they hear sound). During the ABR, stickers are placed on your child's forehead and behind their ears. Earphones are placed in their ears. Sound is played through the earphones to see if your child's brain responds. The stickers are connected to a machine so that the brain's response can be seen on a computer. You will be given the results of the test before you leave to go home.

## Why does my child need to be sedated?

To get accurate results, your child must lie very still and not move. For this reason, it is necessary to sedate your child (put your child to sleep). Before your child can be sedated at Children's Hospital Los Angeles (CHLA), you will need to see your pediatrician within 30 days of the ABR appointment. If your child is followed by a specialist, such as a cardiologist or pulmonologist, we will also request information from them. You will meet the CHLA sedation doctor and nurses at your ABR appointment. The doctor will discuss the medications used for sedation.

Here are some frequently asked questions (FAQs) to help you prepare for your appointment.

### 1. Can my child eat before the test?

#### **Special instructions that MUST be followed for the test:**

- NO milk, formula, or solid food 8 hours before the test.
- NO clear liquids for 2 hours before the test.

#### **Breastfed children and infants:**

- NO breast milk for 4 hours before the test.
- NO clear liquids for 2 hours before the test.

**A nurse will call you the evening before the test with more information.**

**\*Please note: If these instructions are not followed, your appointment will have to be rescheduled.**

### 2. Can my child take their medicine the day of their test?

If your child is currently taking any medicine or if you have any questions about the medicine that will be used to help your child sleep, please call the nurse before your appointment at (323) 361-6232 and ask for extension 50810.

### 3. How long will we be at the hospital?

Plan to stay 30 minutes to 1 hour after the test to give your child time to wake up. Your ABR appointment may take about 2 hours from start to finish.

### 4. Where do we park & where do we go for the test?

Please park in the CHLA parking lot off of Sunset Blvd. A parking voucher will be provided after the exam. This will provide free parking if you self-park (valet parking not included).

**When you arrive at the hospital, please check in at the Main Lobby. Your child's appointment will be in the Sedation Unit on the Ground Floor in Anderson Pavilion. The Main Lobby will direct you where to go.**

### 5. What items should I bring to the appointment?

- extra diapers
- a stroller
- a change of clothes for your child
- clear liquids for the patient to drink after the test (examples: apple juice, Pedialyte, Gatorade)

### 6. Can I bring my other children with me to the appointment?

Do not bring other children to this appointment. Only parents or legal guardians are allowed to be with the patient.

### 7. What do we do if my child is sick before the appointment?

If your child has a cold or a fever within 2 weeks of your appointment date, please call to speak to the nurse. The appointment may need to be rescheduled. (323) 361-6232 X 50810