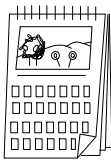


# Patient Information – Audiology Services

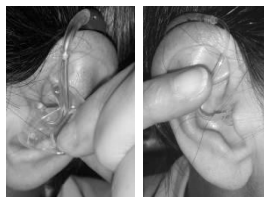
## Getting used to your digital hearing



Your new digital hearing aid was fitted today. To get the most from your hearing aid wear it as much as you can. Try it in different places and when you are doing different things.

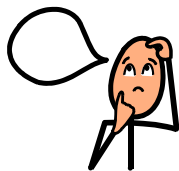


Getting used to the aid can take **time** – so **keep trying**.



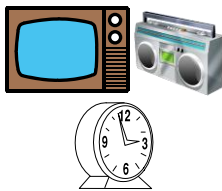
### The Earmould or open-fitting thin tube:

The first thing to practise is fitting your earmould or thin tube. This can be difficult at first, but will become as easy as putting on a pair of glasses.

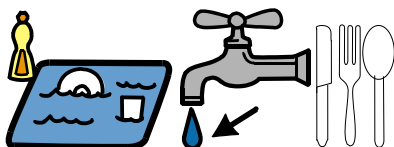


### Getting used to sounds

You may have forgotten some sounds because you haven't heard them for many years. You need to get used to them again. It is like learning to hear again.



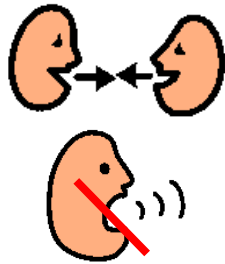
- Sitting alone in the living room **listen** to different sounds, for example the TV, the radio, the clock ticking.



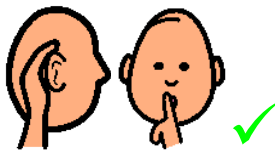
- Sitting in the kitchen **listen** to the noise of washing up, the tap running, the hum of the fridge, the cutlery in the drawer and other things.

## Patient Information – Audiology Services

### Getting used to your digital hearing



- Make sure you can **see people's faces** when they **talk to you**, and explain to them that if they shout their voice will sound wrong to you. They need to speak clearly to you.

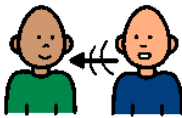


#### What your hearing aid should do for you.

- In quiet places you should be able to hear better.



- In noisy places you should be able to hear better most of the time. Your aid will not be as good in a noisy place as in a quiet one.



- Ordinary speech should be comfortable.



- Loud sounds should be loud but not uncomfortable.



- Your ear mould or thin tube should be comfortable.



- You will get used to the sound of your own voice. It will sound strange at first.



- There should be no whistling from the aid when it is in your ear.

# Patient Information – Audiology Services

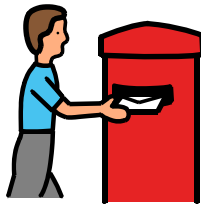
## Getting used to your digital hearing

M T W T F S S



### Contacting the Audiology Services

- By **telephone** 01908 995199 or 995156  
Monday – Friday 9.00 -4.30
- By **SMS text message** on 01908 995199 or 01908 995156 (please note we **cannot** text message back to you)
- By **email** : [audiology@mkuh.nhs.uk](mailto:audiology@mkuh.nhs.uk)



- In **writing** to:-  
**Audiology Services**  
**Main Outpatients**  
**Milton Keynes University Hospital**  
**Standing Way**  
**Eaglestone**  
**Milton Keynes**  
**MK6 5LD**



- **Come in person**  
Our reception is on Level 4 (top floor)  
Main Outpatients,  
(Look for the Yellow Zone)  
Milton Keynes University Hospital.

**We are not open at weekends or on bank holidays**

**We ask for information about you so that you can receive proper care and treatment. This information remains confidential and is stored securely by the Trust in accordance with the provisions of the Data Protection Act 2018/GDPR.**

Further guidance can be found within our privacy notice at [www.mkhospital.nhs.uk](http://www.mkhospital.nhs.uk).