



## ABR INSTRUCTIONS FOR PARENTS

**It is important your child is asleep for the ABR testing. The test will take approximately two hours.**

1. Try to **wake up your child earlier** than usual so they will be sleepy for the test.
2. If testing is near naptime, please **delay the nap** until we have taken you back for your appointment.
3. While driving or traveling to our clinic, **please do not allow your baby to sleep during the trip.** Often, we see that an infant who sleeps on the way here will not sleep for the test.
4. Please **bring any sleep aids**, such as pacifiers and special blankets.
5. Please bring a **nursing pillow** or **Boppy** to the appointment.
6. **Delay feeding** close to the appointment time so that your child will nurse or take a bottle after you arrive at the clinic.
7. If you arrive earlier than scheduled, please do not feed your baby until the actual appointment time.
8. Please **do not** put any oils or lotion on your baby's forehead or behind the ears leading up to the appointment.
9. Due to the need for a quiet testing environment, please arrange childcare for any additional children. We will have to kindly ask you to reschedule the appointment if appropriate childcare is not available.