

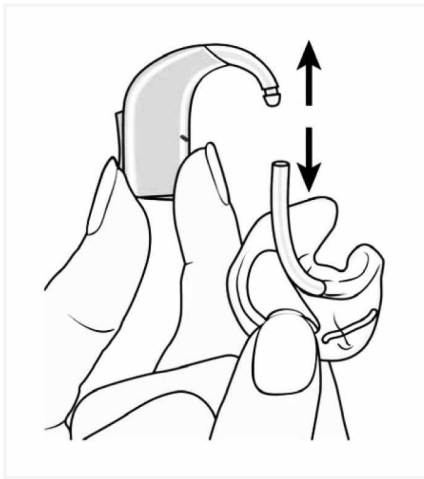


Retubing your ear mould

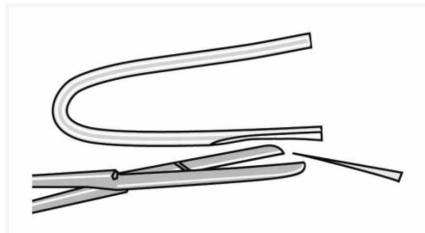
Information for patients from the Audiology Department

The following instructions are for patients who are retubing their own ear mould. If you have any questions, please contact the Audiology Department.

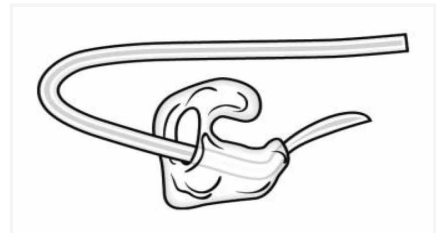
- Your ear mould comes with a tube in place. This tube connects the ear mould to your hearing aid.
- You need to replace this tube every 4 to 6 months, as:
 - the tube hardens and discolours over time, reducing the quality of the sound travelling through it; and
 - wax can also block the tube, and replacing the tube may be the only way to clear the wax completely.
- If you are able to retube your own ear mould, please ask the Audiology Department for some replacement tubing.
- To retube your ear mould you will need:
 - scissors
 - pliers, and
 - replacement tubing.
- To retube your ear mould, please follow the seven steps below.



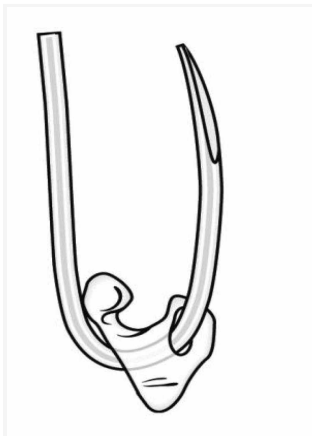
Step 1: Remove the old existing tubing with your hand or pliers. Keep the removed tubing to use for sizing later on.



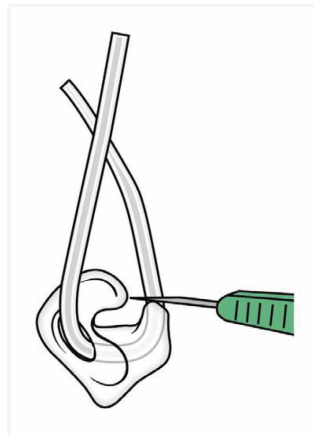
Step 2: Use the replacement tubing, and carefully taper the edge of one side using a pair of scissors. Do not cut too close to the bend.



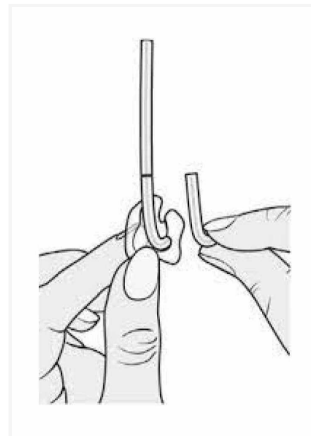
Step 3: Thread the tapered tube into your ear mould.



Step 4: Pull the tubing through your ear mould, so the remaining tubing is facing upwards.



Step 5: Use a sharp pair of scissors, and carefully cut the tapered tubing flush with the end.



Step 6: Use the removed tubing from step 1 as a guide to cut the new tubing to your exact and preferred length. Carefully cut it at the same length.



Step 7: Reattach your hearing aid.

If you have any problems or issues fitting your new ear mould, please contact the Audiology Department.

- **Audiology Department**

Telephone: 01227 864252

Lines are open 10am to 12 noon, and 2pm to 4pm

Email (ekh-tr.audiology@nhs.net)

This leaflet has been produced with and for patients.

Please let us know:

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

You can let us know this by:

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

Any complaints, comments, concerns or compliments, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email (ekh-tr.pals@nhs.net).

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient information leaflets are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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