

Aim to assess and obtain an audiogram on the patient within 72 hours of onset of symptoms

If deemed SSNHL, start prednisolone 1mg/kg (max 60mg), for 7 days followed by a 7 day tapering course (total 14 days). Also prescribe PPI cover.

Repeat audiogram after 2 weeks

If hearing thresholds not improved within 30dB then offer and discuss ITS therapy with the patient

3 separate injections (one per week for 3 weeks)

- Phenol used to anaesthetise the tympanic membrane segment
- Methylprednisolone 40mg/ml, 0.4 to 0.8ml injected into the middle ear
- Patient to lie in a recumbent position facing away from the affected side for 30 minutes

Repeat audiogram 6 weeks after final ITS injection

Perform an MRI – IAM in all unilateral SSNHL to exclude retro cochlear pathology

Follow up at 6-12 months post ITS therapy to assess for TM perforation and rehabilitation