



**modality**  
**LLP**

### **What is Tinnitus?**

**Tinnitus** is the name for the sensation of hearing noises that are not caused by an outside source.

The symptoms of **tinnitus** are that you may hear different types of sound, for example, ringing; buzzing; whooshing; humming; hissing ; throbbing; music or singing; You may hear these sounds in 1 or both ears, or in your head. It may be there all of the time or it can come and go.

### **You must see your GP if:**

- you have tinnitus regularly or constantly
  - your tinnitus is getting worse
- your tinnitus is bothering you - for example, it's affecting your sleep or concentration

### **Ask for an urgent GP appointment if you have tinnitus:**

- after a head injury
- with sudden hearing loss, weakness in the muscles of your face, or a spinning sensation (vertigo)
  - that beats in time with your pulse

Your GP can look in your ears to see if your tinnitus is caused by something they can treat, such as ear wax build up or an ear infection. They might also want to check for any hearing loss.

You may be referred to Audiology for further tests and treatment