

How to contact us:

If you have any questions please contact one of our TIA Nurse Specialists on **01202 726409**.

**Suspect a stroke?
Act FAST and call 999.**

FAST

F Facial weakness
A Arm weakness
S Speech problems
T Time to call 999

Our mission

Providing the excellent care we would expect for our own families.

The Royal Bournemouth Hospital,
Castle Lane East, Bournemouth, Dorset, BH7 7DW

Please contact the author if you would like details of the evidence in the production of this leaflet.

We can supply this information in other formats, in larger print, on audiotape, or have it translated for you.

Please call the Patient Advice and Liaison Service (PALS) on **01202 704886**, text or email pals@RBCH.nhs.uk for further advice.



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Date: **September 2015** Version: **Two**
Review date: **September 2018** Ref: **1118/10**

Website: www.rbch.nhs.uk ■ Tel: 01202 303626

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The Royal Bournemouth and Christchurch Hospitals
NHS Foundation Trust

Take Immediate Action

Information about your Appointment in the Transient Ischaemic Attack Clinic

Appointment Details

Name:

Hospital no.

Date:

Time:

Location

Website: www.rbch.nhs.uk ■ Tel: 01202 303626

What is a TIA?

TIA stands for **transient ischaemic attack**. This is sometimes called a mini stroke.

During a TIA blood flow to the brain is temporarily blocked, usually by a blood clot. This is when people notice symptoms. That blood clot soon moves on, or dissolves, and symptoms disappear. Symptoms of TIA are the same as a stroke, but are temporary lasting less than 24 hours.

Blood clots can form around fatty deposits on the inside of a blood vessel wall or inside a heart chamber. This may then break off and travel until it gets stuck in a small blood vessel in the brain. Very rarely TIA is caused by bleeding in the brain or other causes.

TIA is investigated and treated with urgency as sometimes it can warn of a future stroke. The right management can reduce subsequent risk.

What is the TIA clinic?

The TIA Clinic provides fast access to specialist assessment and investigations so we can treat people with new TIA symptoms urgently.

Things to remember before I come to clinic

Sometimes your doctor may ask you to take aspirin before clinic. If so your doctor will give you one large dose (300mg) followed by a daily dose of 75mg. Bring a list of your current medications with you, including any 'over the counter' medicines, herbal or homeopathic remedies.

Important! Do not drive. The DVLA states that you should not drive for at least one month after a TIA. This will be discussed more in clinic.

If you experience symptoms again, before your appointment do not wait, go to the Emergency Department or call 999.

TIA Clinic Summary Sheet

Diagnosis:

TIA Completed stroke Amaurosis Fugax

Other (please specify):

Medication changes: Blood thinning medication:

Asprin Warfarin Clopidogrel NOAC

Blood pressure medication:

Other:

Unless otherwise instructed, these are ongoing medication. Please see your GP for a repeat prescription or if there are any side effects.

Advice given:

Do not drive for at least 1 month Lifestyle advice FAST

Other (please specify):

Follow up:

Consultant

TIA Nurse Specialist

My Notes

You will be offered a follow up appointment in approximately one month with the TIA nurse. Please use the space below to write any questions you want to ask at this meeting or to document blood pressure readings.

If you have a question you would like answering beforehand please see the back page of this leaflet for the contact details you need.

What will happen in the clinic?

You will be asked about your past health and recent symptoms. Your heart and nervous system will be examined and your blood pressure taken. Other tests **may** include:

1. CT brain scan:

A special x-ray that passes over your head to check for any changes in the brain.

1. MRI brain scan:

Uses powerful magnets to take detailed pictures of the brain. You lie on a trolley that travels into a tube shaped scanner.

2. Echocardiogram (or Echo):

An ultrasound scan takes detailed pictures of your heart. This is carried out by applying jelly to chest and using a surface probe to scan the heart area.

3. Carotid Doppler:

An ultrasound scan of both sides of your neck, checking for narrowing of the blood vessels that takes blood to your brain.

4. Electrocardiogram (ECG):

Leads are placed on your chest to record the rate and rhythm of your heart.

5. Blood tests:

To check blood sugar and cholesterol levels. Tests will also check that your blood is not too thick or thin.

6. 24 Hour Tape:

Another ECG but recorded over 24 hours whilst you are at home. A small recorder is carried around waist level and attached to leads taped on your chest.

The following pages will be completed at your appointment

Your investigations: Where possible we will try to arrange tests for the day of your appointment. These will be done at the Royal Bournemouth Hospital. Other investigations will be booked and appointments sent to you.

Type of investigation	Date/ Time of investigation	Directions
1. CT Scan/MRI Scan		Follow the main corridor from outpatients towards the main entrance. The CT/MRI department is signposted on the right, past pharmacy before you get to the main atrium.
2. Echocardiogram		Go upstairs to the first floor on the east wing or follow the corridor upstairs. On the first floor walk along the east wing to the Cardiac Department located within ITU/HDU. Check in at the reception desk.
3. Carotid Doppler		The test is done in 'Medical Physics' located in main x-ray on the ground floor. Walk up the main corridor of the West Wing from Outpatients towards the main entrance. Turn left by the pharmacy and you will see the x-ray reception. Check in at the desk.
4. ECG		In the Outpatients Department. Follow the signs to ECG room located near rooms 11 to 14.
5. Blood Test		Pathology is just opposite the outpatients department.
6. 24 hour tape		These will be fitted by the TIA nurse in clinic or by the practitioner in the ECG room. Please see the directions above.

What are the symptoms of TIA?

TIA symptoms vary depending on which part of the brain has been affected. Usually they happen suddenly, but symptoms may start during sleep so you only notice them on waking.

Weakness on one side of your body

This can affect any part of the body, but commonly affects one side of the body (face, arm and/or leg).

Loss of feeling

Some people have altered feeling (numbness or pins and needles) in part of their body.

Difficulty with speech

People can have slurred speech, difficulties finding the right words or difficulty understanding other people's words and instructions.

Visual problems

TIA can cause partial or complete loss of vision. Double vision can also occur in both eyes.

Dizziness

People can have feelings of dizziness or unsteadiness.