

# Referral following suspected Transient Ischaemic Attack (TIA) / 'mini stroke'

## Patient Information Leaflet

### Why am I being referred to the TIA clinic?

Your health professional has referred you for a further appointment as it is suspected you have had a Transient Ischaemic Attack, which is also referred to as a TIA or a mini stroke.

It's caused by a sudden loss of brain function that causes a temporary loss of use of part of your body, affecting only one side. This may affect your arm or your leg, drooping on one side of your face, or cause problems with speech.

A TIA comes on suddenly and recovers completely – usually within minutes or hours and definitely within 24 hours. The symptoms mean that a part of the brain is not getting enough blood. A TIA should never be ignored. Without treatment, some people who have had a TIA may go on to have a stroke that doesn't fully recover.

### What happens next with my referral?

We need to see you at the TIA clinic.

The TIA clinic aims to prevent strokes in patients who have had TIAs, so a member of the team will contact you in 24-48 hours to arrange an appointment.

If you've not heard from us within 72 hours please contact us by phone on 0113 392 3753.

### What will happen when I go to the TIA clinic?

At your appointment at the TIA clinic we may need to carry out some further tests, so you should be prepared to spend several hours at the hospital – it will be much less if you don't need any scans.

Please bring any prescribed medication you are currently taking to your appointment.

You'll be seen by a clinician with an interest in stroke care – this could be a stroke physician, a neurologist, a general physician or a clinical nurse specialist.

## What will happen when I go to the TIA clinic? (continued)

At your appointment, you will likely have some investigations including a scan of the vessels in your neck and sometimes a scan of the brain. In addition, you can expect to have a blood test and physical examination which includes assessment of your blood pressure and heart rhythm.

You'll also be given advice on stroke prevention. This will include looking at how to reduce any risks that may have contributed to having a TIA. The overall aim will be to reduce your risk of stroke to as low as possible.

## What should I do until I get to the clinic?

**Do not drive** until you have been to the clinic, in case you have a stroke while you are at the wheel. You must not drive for a minimum of one month after a TIA or stroke. This is a legal requirement of the DVLA. We will discuss the implications for driving when we see you at the clinic and it's important that you do not drive before then.

Take things easy – keep active but avoid strenuous activity and heavy lifting.

If you have any further symptoms similar to your suspected TIA - which may include limb weakness or numbness, speech or visual problems - before you are seen in clinic, you should dial 999 or go to the hospital emergency department if someone is able to take you.

**REMEMBER: DO NOT DRIVE YOURSELF TO THE CLINIC**