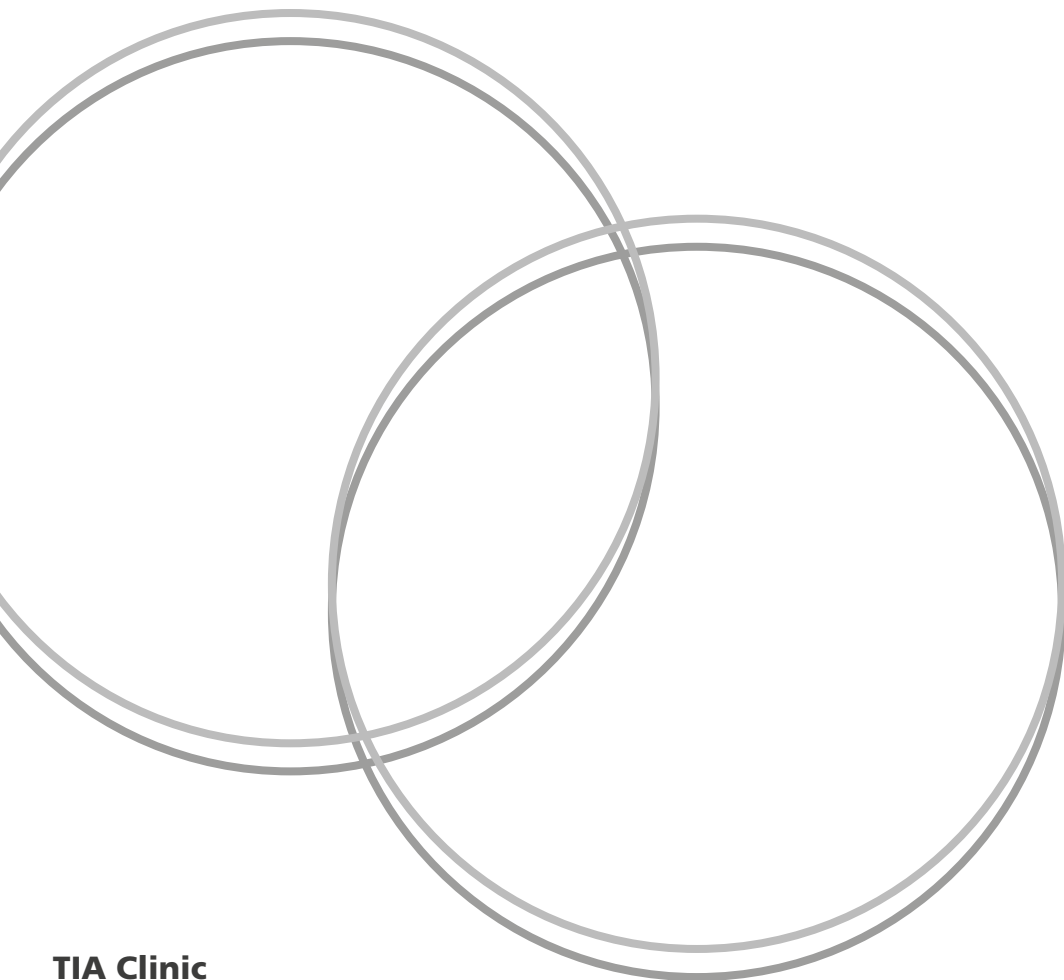


Transient Ischaemic Attack

Information for patients and their families



Who is this leaflet for?

Anyone who has been referred to the TIA clinic at the John Radcliffe Hospital in Oxford and their family.

We understand that you may have lots of questions about your referral to the TIA clinic and we want to reassure you with some answers to questions we are often asked. If you need more information, we have provided links to the Stroke Association website which has a vast range of information freely available.

If you have queries about your TIA or Stroke that cannot wait until your follow up appointment, please contact the TIA Nurses or your GP.

TIA Nurses

Telephone: **01865 234 877**

Email: **tia.nurses@ouh.nhs.uk**

What is a TIA?

A *transient ischaemic attack (TIA) is sometimes called a *mini stroke. Transient means that stroke symptoms only last a short time. In fact, they usually get better in minutes or hours.

Please visit: **www.stroke.org.uk/what-is-stroke/types-of-stroke/transient-ischaemic-attack for more information**

What will happen at the TIA clinic?

Our doctor may speak to you on the phone or invite you to the John Radcliffe to learn more about what has happened to you. Either way, there will be a range of tests that the doctor will ask you to take to help them understand more, so that they can propose the best possible treatment plan for you. These tests may happen at the John Radcliffe or at the Horton hospital if that is more convenient for you.

How long is the wait for additional tests requested by the Doctor?

You may have been booked additional tests that will happen after the clinic, to try to find a cause of your TIA.

The approximate waiting times (as of June 2023):

- Echo - Currently 6 to 8 weeks
- R test - Currently 6 to 8 weeks; you will be contacted by Cardioscan to arrange delivery.

What is an Echo?

(this is requested for very few TIA patients)

An echocardiogram, or “echo”, is a scan used to look at the heart and nearby blood vessels.

You’ll be asked to remove any clothing covering your upper body before lying down on a bed. You will be offered a hospital gown to cover yourself during the test.

The whole procedure will usually take between 15 and 60 minutes, and you’ll normally be able to go home shortly afterwards.

We need to ask for your consent – or permission – before we carry out any procedure or treatment. Staff will explain the risks, benefits and alternatives, if there are any, before they ask for your consent. Remember that it is your choice whether you give your consent or not. If you have any doubts or would like more information before you make a decision, please ask us for more information. We will do everything we can to help you.

When can I drive?

By law, you must not drive for a calendar month after a stroke or transient ischaemic attack.

If you have a car or motorbike licence, and you can drive safely, you may be able to start driving again after a month, but it depends on what type of stroke you had, and other health conditions like epilepsy.

It is your responsibility to tell the DVLA about any medical condition that affects your driving. Car and motorbike drivers don't usually need to tell the DVLA about a stroke in the first month, but there are some exceptions.

If you have a licence to drive a large goods vehicle (LGV) or passenger carrying vehicle (PCV), you must tell the DVLA about your stroke or TIA straight away.

For more information please visit:

www.stroke.org.uk/life-after-stroke/driving

Where do I get additional medications from?

You will need to contact your GP to organise further supplies of your new medications, following your appointment.

Please add the medications on your repeat prescription via your GP, as soon as possible.

What will happen at the follow up appointment?

You will receive an appointment for a telephone consultation with the TIA Nurse after 1 month.

You will discuss secondary Stroke prevention, including diet, exercise, smoking, medications, blood pressure review.

What is the likelihood of having a full Stroke/another Stroke?

Once you've had a stroke your risk of having another is increased, but understanding what factors may have caused your stroke will help you know how to **reduce your risk** of having another one.

Making lifestyle changes advised by the Doctor for example, stopping smoking, following a healthy diet, exercising, will reduce your risk in the future.

You will have advice from professionals about treating any medical conditions that could have led to your first stroke or TIA, such as high blood pressure.

What can I do to prevent another Stroke?

It is important to:

- take your medications as prescribed by the Doctor
- monitor your blood pressure if requested by Doctor
- attend your follow up appointment with the TIA Nurse.

More information can be found on the [Stroke Association website](#)

What should you do if you think you are having a Stroke?

Stroke is a medical emergency. The FAST test can help you recognise the most common signs.

Suspect a stroke?

Act **FAST** and call 999.



Facial
weakness



Arm
weakness



Speech
problems



Time
to call 999

Stroke
Association

Where can I get more information about TIA/Stroke?

For more information on TIA and Stroke, please visit:

Website: www.stroke.org.uk

Who do I contact for queries before my TIA nurse follow up appointment?

If you have queries about your TIA or Stroke that cannot wait until your follow up appointment, please contact the TIA Nurses or your GP.

TIA Nurses

Telephone: **01865 234 877**

Email: **tia.nurses@ouh.nhs.uk**

How can I give feedback about my experiences?

Your opinions and views are important to us. Please ask us about the NHS Friends and Family Test which gives you the opportunity to tell us what we did well and what we can do to improve. You can also have an informal conversation at any point if there is something you would like to ask or tell us about.

You can find further details about providing feedback on the Trust's website.

Patient feedback

Oxford University Hospitals

Website: **ouh.nhs.uk**

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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