

Your appointment at the TIA clinic after a suspected mini stroke

Department of Stroke Medicine

Information for Patients

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Introduction

You have been referred to the TIA clinic by your GP or a doctor in the Emergency Department. We have arranged your appointment based on the clinical information your doctor has given us. It is important that you keep this appointment.

Your doctor thinks that you have had a transient ischaemic attack (TIA). A TIA is a warning sign. You may be at risk of having a stroke in the near future. An assessment can help doctors find out the best way to reduce the chances of that happening.

Please continue to take any medication prescribed to you until the appointment date. Please make sure you bring it with you on the day.

Do not drive until you have been assessed in the clinic. This is in accordance with DVLA regulations when you have had a “suspected TIA”.

If you notice:

- **your speech or sight getting worse or**
- **weakness of part or all of one side of your body**

Call 999 right away.

A stroke team is on call at this hospital 24 hours a day, 7 days a week.

Your appointment details

Location: TIA Clinic: Ambulatory Care Services (near WHSmith),
Level 1, Balmoral Building, Leicester Royal Infirmary.

If you cannot attend on the arranged date please phone the clinic on 0116 258 5431 (Monday to Friday, 8am to 5pm; Saturday/Sunday, 8am to 4pm). This is also the number for any enquiries.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester’s Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

Directions to the TIA clinic

From Balmoral Building main entrance:

1. Enter by the Balmoral entrance (Level 1)
2. Turn right before reception.
3. The TIA Clinic is at the end of the corridor, on the left.
4. Please report to the TIA Clinic reception.

From Windsor Building main entrance (from Havelock Street car park):

1. Enter by the Windsor main entrance (Level 0).
2. Turn first right for the lift or stairs to Level 1.
3. Follow signs to the Balmoral Building.
4. Continue all the way down the corridor. Then follow signs for TIA/DVT clinics (sign posted).
5. A WHSmith shop is on the left. After the shop turn first left. The TIA clinic (sign posted) is at the end of the corridor, on the left.
6. Please report to the TIA Clinic reception.

What can I expect at my appointment?

This is a **full day one-stop clinic**. You will be with us for most of the day.

A nurse will see you in the morning. They will do some tests.

A doctor will review them and they will talk to you about the results of your assessments in the afternoon. At the end of the day we will give you:

- a diagnosis
- management plan
- general health advice

This clinic will try to prove if your symptoms are because of TIA or another cause.

As we are a teaching hospital, there may be medical or nursing students observing some of your tests. You may also be asked to think about taking part in one of our ongoing clinical research studies.

Can I bring someone with me?

You are welcome to bring a friend or a relative with you to the clinic. They may not always be allowed into the examination rooms. If you need a translator, please let us know before attending your appointment.

We do not have childcare facilities. If you need to bring your children with you, please bring along an adult who can watch over them while your tests are carried out.

What tests will I have in the TIA clinic?

A few tests may be done to confirm a TIA or a Stroke. They also look for problems that may have caused it. Not everybody will need to have all the tests.

Some of the tests you may need include:

MRI or CT scan of the brain

- An MRI scanner is a large tube. It has a number of powerful magnets.
- It is used to make detailed images of the inside of the body.
- The scan does not hurt. It is completely harmless.
- It takes about 15 minutes.
- During the scan, you lie down and rest your head in a tube.
- Sometimes, the scanner will make a loud clicking sound.
- Not everyone can have an MRI scan, such as people who have a pacemaker fitted.
- You will need to fill in a safety questionnaire before the scan.

Ultrasound scan of the carotid arteries

- A carotid ultrasound scan is a painless and harmless way of looking at the arteries in your neck. This can show if there is narrowing or any blockages in the neck arteries leading to your brain.
- Ultrasound machines make pictures. They are made using information from high frequency sound waves. These are called 'ultrasound'.

ECG tracing of your heart rhythm

- An electrocardiogram (ECG) records the electrical activity of your heart.
- The test is painless and harmless.
- It takes about 5 minutes to do.
- An ECG can find abnormal heart rhythms. These may be a sign of conditions such as where your heart beats irregularly (atrial fibrillation). This can increase your risk of TIAs.

Blood tests

Height and weight measurement.

Blood pressure measurement. High blood pressure (hypertension) can lead to TIAs.



Remember:

- Do not drive until seen in the TIA clinic.
- This is an all-day clinic.
- You can continue to eat and drink as normal. TIA clinic offers refreshments, but you will need to bring your own food. You can buy food on site.
- Please bring a list of all your current medications.

More information

NHS website: www.nhs.uk/conditions/transient-ischaemic-attack-tia/

Giving us your feedback

If you wish to make any comments or suggestions about your visit to the TIA clinic, or if you have any comments about how we can improve these leaflets, please speak to a member of staff. Feedback surveys are also available on our website: www.uhleicester.nhs.uk/

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net