

NHS Grampian TIA / Stroke Clinic

The aim of this leaflet is to explain what the TIA/Stroke clinic is and what you can expect when you attend the clinic. Hopefully, it will answer any questions you may have before you attend.

What is the clinic?

You have received an appointment for the neurovascular clinic because your GP or another doctor feels you may have had a stroke or a transient ischaemic attack (TIA) (this is sometimes called a “mini-stroke”). Only about half of the people we see actually have this diagnosis as symptoms of other conditions can be similar. We see people quickly to try to start treatment to prevent further TIAs or stroke. Because of the importance of speed in this process, we would be grateful if you could accept the first available appointment offered, where possible.

Where do I need to go?

The clinics take place on Wednesday in the Allan Downie Unit and on Thursday morning in Ward 402. All these locations are off the main ARI corridor.

What do I need to bring with me?

Please bring details of any medication you are taking. **You should not drive until you are seen by a stroke physician at clinic (this is a legal requirement if your diagnosis is confirmed as stroke or TIA).**

What can I expect at my appointment?

At your appointment you will see one of the Stroke Physicians who will speak to you and may do a physical examination. Each consultation takes approximately 30 minutes. You may not require any further tests, however, if required you may go on to have one or some of the following tests:

- **Blood tests**

- **ECG** (a tracing of your heart rhythm which you will be asked to go to the cardiac department to have).

- **Carotid Doppler scan** – this is an ultrasound scan of the carotid arteries in your neck. This is performed in the vascular lab on ward 507. It is a pain free investigation which takes 10-15 minutes to perform. It looks for blockages in the main arteries in your neck as a possible cause for stroke or TIA.

- **CT brain scan** – this is a scan of your brain which is done in the inpatient X-ray department. It takes 5-10 minutes.

- **MRI brain scan** – this is a scan of your brain which uses magnetic resonance rather than X-rays. It takes place in the Lillian Sutton Building near Out Patient X-ray. It routinely takes around 20-25 minutes and can be very noisy. You will be asked to remove all jewellery and any piercings before this scan. If the doctor feels you need this scan, you may not get this on the same day as your clinic appointment, but most MRI appointments will be within a week.

(If these tests are required, this may take up to another two hours in addition to your clinic appointment).

What if I have had a stroke or TIA?

The doctor you see will give you all the information you need and you should feel free to ask questions. Within a week or two of your appointment you will be contacted by our Chest Heart and Stroke Scotland (CHSS) stroke nurse for a follow up appointment. More information about stroke and TIA can be found on their website:

<http://www.chss.org.uk/stroke-information-and-support/>