

TIA: Transient Ischemic Attack



ORGANIZED CARE
STROKE
SOINS COORDONNÉS DE L'AVC
PRINCE EDWARD ISLAND/ÎLE-DU-PRINCE-ÉDOUARD

Health PEI
One Island Health System

Disclaimer

This is general information from the HPEI Organized Stroke Care Program based on information developed by The Ottawa Hospital. It is not intended to replace the advice of a qualified healthcare provider; the intent is to provide basic facts or understanding of TIA.

Please consult your own personal physician who will be able to determine the appropriateness of the information for your specific situation.

You have been referred to the Provincial Secondary Stroke Prevention Clinic



902-368-5506, Fax: 902-368-5511



**The Polyclinic 199 Grafton St, Charlottetown
Suite 201 (across from Lawton's)**

**You will be contacted by the clinic with an
appointment.**

- We please ask if you are staying with a friend or family member please call the Provincial Secondary Stroke Prevention Clinic and provide us with your contact number.

What is a TIA?

The medical term is Transient Ischemic Attack (TIA). A TIA is sometimes called a mini-stroke. It happens when a clot stops blood from flowing to the brain for a short time. The symptoms of TIA can be the same as the symptoms of stroke except they get better within a few minutes or hours. Having a TIA is a warning sign. It tells you that you have a higher risk of having a stroke and is a medical emergency. Recognize and respond immediately to any of these signs by calling 9-1-1.

- F** **ace** is it drooping?
- A** **rms** can you raise both?
- S** **peech** is it slurred or jumbled?
- T** **ime** to call 9-1-1 right away.

**If you have any of these symptoms,
even lasting a couple of minutes
CALL 911 Immediately**

What you can do:

The doctor may give you new medications to help you prevent a stroke. It is very important that you take your medications as ordered.

It is important to do certain tests to determine the cause of your TIA and what may have blocked blood flow to your brain. These tests will help you and your doctor determine the best way to prevent a stroke.

DO NOT DRIVE until advised by your physician

What will happen now?

Some or all of the following tests may be organized for you:



Carotid Doppler

Ultrasound of the arteries of the neck



Echocardiogram

Ultrasound of the heart







Holter Monitor




Portable monitor that measures the electrical rhythm of your heart for a period of 48 hours to 2 weeks



Fasting Blood Tests

To determine blood levels of cholesterol and sugar

Test/Appointment	Date/Time	Location
 Carotid Doppler	<p style="text-align: center;">_____/_____/_____ DD/MM/YYYY</p> <p>Time: _____</p>	<p>Queen Elizabeth Hospital</p>
 Echocardiogram	<p style="text-align: center;">_____/_____/_____ DD/MM/YYYY</p> <p>Time: _____</p>	<p>Queen Elizabeth Hospital Prince County Hospital</p> <p><i>You will be contacted with an appointment</i></p>
 Blood Tests (Fasting**)	<p>No Appointment Required</p> <p>**The night before your test, do not eat or drink anything after 8:00 p.m.</p>	<p>Queen Elizabeth Hospital Prince County Hospital Local Community Hospital</p> <p><i>You may take your morning medications with a small sip of water.</i></p> <p>If you are a Diabetic Please Check with your Health Care Provider</p> <p>Lab Requisition will be given to you to take to lab.</p>
 Holter or Loop Monitor <p><i>This test is not always required, this will be decided by the physician</i></p>	<p style="text-align: center;">_____/_____/_____ DD/MM/YYYY</p> <p>Time: _____</p>	<p>Queen Elizabeth Hospital Prince County Hospital Local Community Hospital</p> <p><i>You will be contacted with an appointment</i></p>

Test/Appointment	Date/Time	Location
 <p>Stroke Prevention Clinic</p> <p>Visit with Neurologist</p> <p><i>The Neurologist and a Registered Nurse will meet with you to discuss your test results and develop a plan with you to reduce your risk of stroke in the future.</i></p>	<p>_____</p> <p>DD/MM/YYYY</p> <p>_____</p> <p><i>Doctor's name</i></p>	<p>The Polyclinic 199 Grafton St, Charlottetown Suite 201</p> <p>Please bring a copy of your medication list including name, dose and how often you take your pills, or bring your medication bottles.</p> <p>Please arrive 15 minutes prior to your appointment time.</p>
	<p>Please bring your:</p> <ul style="list-style-type: none"> ✓ Health card 	
	<ul style="list-style-type: none"> ✓ List of all current medications, or bring your medication bottles 	
	<ul style="list-style-type: none"> ✓ Please bring any tests results relevant to this appointment with you for review by the Neurologist 	

Knowing your stroke risk factors is an important step in preventing a stroke. Some risk factors include your age or family history which we cannot change. The risk factors below can be improved through specific lifestyle changes that will be discussed at the Provincial Stroke Prevention Clinic visit.









Location



Paid Parking and wheelchair access at back of Polyclinic entrance

Metered and unmetered parking available on Grafton Street.

Some common risk factors for TIA and stroke include:

	High blood pressure		Inactivity
	Smoking		Alcohol/drug abuse
	High blood cholesterol		Diabetes
	Obesity		Heart Disease

You can take steps to help reduce your risk of a stroke by talking to your doctor or nurse and making changes to your lifestyle.

Some changes include:

- **Quitting smoking**
- **Achieving a healthy blood pressure**
- **Healthy eating**
- **Achieving a healthy weight**
- **Being active**

Talk to your doctor or nurse about your risk and make a plan to prevent stroke!

