



## Stroke Prevention Clinic

Information to help patients and families prepare for a visit to the Clinic.



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### What just happened to me?

You have just experienced a warning sign of stroke called a TIA (transient ischemic attack). You may have heard these be referred to as 'mini-strokes.'

You have just been seen and examined by an emergency physician or your family physician, to rule out other serious causes of your symptoms. You may have been placed on medications to help prevent any further symptoms from happening.

Before you leave the emergency department or physician's office, you will be given a helpful booklet called, "You've had a TIA. Learn How to Prevent Another One", provided by the Heart and Stroke Foundation.

### What will happen next?

Once the physician in the emergency department or office has completed their examination and tests, you will be discharged. The emergency department staff or office staff will make a referral for follow-up with the Stroke Prevention Clinic.

### What is the Stroke Prevention Clinic?

The purpose of this clinic is to investigate the cause of the TIA or mini-stroke that you experienced.

The clinic staff will call you to confirm the date and time of your appointment. You may need additional tests completed before your appointment. If you have not heard from the clinic or have missed the call, please do not hesitate to call 519-376-2121 ext. 2922.

### What can I expect when I visit the clinic?

Before the clinic, you may undergo tests to help the doctor determine the cause of your symptoms. Your treatment plan will depend on the results of these tests. Your clinic visit may take from 1 to 1.5 hours. You can expect to:

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- Meet with a doctor and/or nurse practitioner who is knowledgeable in stroke care and prevention
- Receive test results
- Receive information about future tests, if required
- Receive information and counseling about stroke, the risk factors for stroke, and tools to help you prevent a future stroke

You may require further follow-up appointments with the doctor and/or nurse practitioner to monitor and manage risk factors.

### What should I do in the meantime?

- Take your medications as prescribed
- Do not drive until your family doctor or clinic doctor says it is okay
- Know the warning signs and symptoms of stroke
- Call 911 immediately if you experience any of the symptoms listed below

### The warning signs of stroke are:

- Sudden weakness, numbness, or tingling in the face, arm or leg
- Sudden temporary loss of speech or trouble understanding speech
- Sudden loss of vision, particularly in one eye, or double vision
- Sudden severe and unusual headache
- Sudden loss of balance, especially with any of the above signs

### Checklist for your appointment at the Stroke Prevention Clinic:

- If someone observed the episode(s) that you are seeing the doctor for, please ask them to accompany you to your appointment. The doctor will want to speak to this person to obtain valuable information
- Bring your health card
- Whether it is your first visit or a follow-up visit, go to Central Registration to check in before your appointment. They will give you the room number for your clinic appointment.
- Inform clinic staff of all recent tests/blood work
- Bring a list of any questions or concerns that you would like to ask during your appointment
- Take all medications as prescribed the day of your appointment, unless instructed otherwise
- Bring a list of all medications that you are currently taking, including vitamins and herbs
- Please have a family member or friend accompany you to your appointment
- Don't forget to eat, as you may be at the Clinic for a couple of hours
- Parking will cost \$5.00

**If you have any questions about the Stroke Prevention Clinic, please call the clinic at 519-376-2121 ext. 2825.**