

TIA PATIENT DISCHARGE INSTRUCTIONS

DIAGNOSIS (Make an appointment to see your family doctor as soon as possible)

You have been diagnosed with:

TIA (Transient Ischemic Attack) Acute Ischemic Stroke Other: _____

ACTIVITY

Normal No driving until approved by your doctor Return to work/School in _____ days.

DIET

Resume usual diet No added salt diet Low fat/Low cholesterol diet
 Other: _____

SMOKING CESSATION

Stop smoking and/or do not allow anyone to smoke in your house or car.

If you need help to stop smoking call **QuitNow Helpline: 1 877 455-2233** and/or talk to your family doctor

MEDICATIONS

The medications you have been prescribed are on the form *Stroke/TIA Discharge Summary to Family Physicians (HLTH-BCMA 6014)*

FOLLOW-UP APPOINTMENTS

Information on your follow-up appointments can be found on the form *Stroke/TIA /Summary to Family Physician (HLTH-BCMA 6014)*

WARNING SIGNS

Call 911 immediately if you experience any of the following stroke warning signs:

- Sudden weakness or numbness on one side of your body
- Sudden dimness, double or loss of vision
- Difficulty speaking or understanding speech
- Sudden severe headache
- Loss of balance or dizziness

ADDITIONAL INFORMATION

For more Information on Stroke/TIA call **Heart & Stroke Foundation of BC: 1 888 473-4636** or visit the American Stroke Association (division of AHA) www.strokeassociation.org

For any additional questions call **BC Nurseline: 1 866 215-4700**

This discharge summary was developed in collaboration with the Emergency Department Protocol Working Group. The EDPWG is a Provincial Health Services Authority (PHSA) sponsored clinical working group with representation from each of BC's Health Authorities.