



THE ADELAIDE & MEATH  
HOSPITAL, DUBLIN  
INCORPORATING  
THE NATIONAL CHILDREN'S HOSPITAL

## Rapid Access Stroke Prevention (RASP) Clinic Patient Information Leaflet

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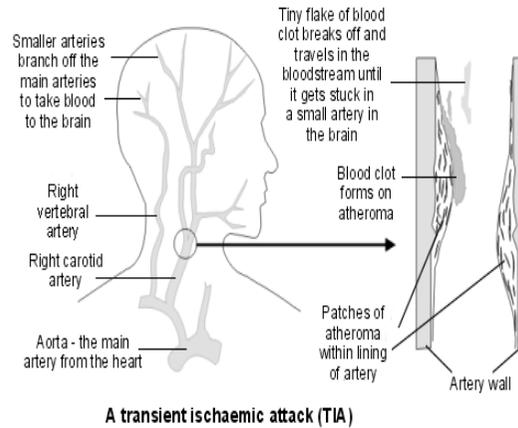
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### What is a transient ischaemic attack (TIA)?

A transient ischaemic attack (TIA), sometimes called a 'mini stroke', is a set of symptoms that typically come on **suddenly**, last a short time (**minutes - 24 hours**), and is due to a temporary lack of blood supply to the eye or brain. One experiences the same symptoms with a stroke, but stroke causes symptoms that ultimately last > 24 hours.

### What is the cause of a transient ischaemic attack (TIA)?

A TIA is usually caused by a tiny blood clot that gets stuck in a small blood vessel (artery) supplying the eye or brain. This part of the eye or brain is temporarily deprived of oxygen, typically for just a few minutes, because the blood clot either breaks up quickly, or nearby blood vessels are able to provide necessary blood flow. Blood clots may arise in the heart, in the large blood vessels in the neck, or may form in the brain blood vessels themselves.



### How do I know I have had a TIA?:

The specific symptoms of a TIA depend on the area of the brain or eye that is deprived of blood supply and may include:

#### Sudden loss or impairment of

- Sight – Loss of vision in one eye, or part of the visual field on either side
- Speech - Slurring of speech, or inability to express or understand words
- Swallowing
- Strength – e.g. Weak face, arm or leg
- Sensation - e.g. Numb face, arm or leg

TIA's may cause other symptoms that your doctor will recognise

### How serious is a TIA?

A TIA indicates that you have a tendency to form blood clots in your blood vessels that may cause a subsequent stroke.

Stroke can be prevented with treatment

## What to do now?

1. Stop smoking immediately
2. Do not drive, operate heavy machinery or fly until reviewed
3. Return to the Emergency Department **immediately** if you experience further symptoms
4. **Fast from food and water from midnight the night before the expected clinic visit** until you receive a phone call from the RASP secretary or Stroke Nurse Specialist
4. Attend Stroke Specialist RASP assessment to confirm your TIA diagnosis
5. Follow the advice given by the Stroke Specialist to prevent a further TIA or stroke

