



CARE INSTRUCTIONS

KAISER PERMANENTE

Transient Ischemic Attack: After Your Visit to the Emergency Room

Your Kaiser Permanente Care Instructions

Even though you have been released from the emergency room, you still need to watch for any problems. The doctor carefully checked you. But sometimes problems can develop later. If you have new symptoms, or if your symptoms do not get better, **return to the emergency room or call your doctor right away.**

In a transient ischemic attack (TIA), the blood flow to your brain is blocked for a short time. You may have had vision problems, slurred speech, or other symptoms that are now gone. A stroke can cause symptoms similar to a TIA, but it causes lasting damage to your brain. A TIA is a warning that you may have a stroke in the future.

If you think you are having another TIA, **call 911 or seek other emergency help right away.** Early treatment can help prevent a stroke. If you have other new symptoms, or if your symptoms do not get better, **return to the emergency room or call your doctor right away.** Prompt treatment may prevent long-term brain damage caused by a stroke.

A visit to the emergency room is only one step in your treatment. Even if you feel better, you still need to do what your doctor recommends, such as going to all suggested follow-up appointments and taking medicines as directed. This will help you recover and help prevent future problems.

How can you care for yourself at home?

- Know the signs of a TIA or stroke. (See the "Call 911" section below.) Ask family members or caregivers to watch for signs of a stroke, and make sure they know what to do if these signs appear. They may notice these signs before you do.

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- Take your medicines exactly as prescribed. Call your doctor if you think you are having a problem with your medicine.
- Your doctor may advise you to take aspirin every day. Aspirin helps prevent strokes in people who have had a TIA.
- Do not take any over-the-counter medicines or herbal products without talking to your doctor first.

When should you call for help?

Call 911 if:

- You have signs of a stroke, even if these symptoms go away after a few minutes. These may include:
 - Sudden numbness, paralysis, or weakness in your face, arm, or leg, especially on only one side of your body.
 - New problems with walking or balance.
 - Sudden vision changes.
 - New problems speaking or understanding simple statements, or feeling confused.
 - A sudden, severe headache that is different from past headaches.
- You feel like you are having another TIA.
- You have signs of internal bleeding, especially if you are taking medicine to prevent blood clots, such as warfarin (Coumadin) or aspirin. These include:
 - You cough up blood.
 - You vomit blood or what looks like coffee grounds.
 - You pass maroon or very bloody stools.
- You have other symptoms that you think are a medical emergency.

Return to the emergency room now if:

- You have new symptoms that may be related to a TIA, such as falls or trouble swallowing.
- You are taking aspirin or other medicine that prevents blood clots, and you have:
 - Severe vaginal bleeding. You are passing clots of blood and soaking through your usual pads or tampons every hour for 2 or more hours.

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- New bruises or blood spots under your skin.
- A nosebleed.
- Bleeding gums when you brush your teeth.
- Blood in your urine.

Where can you learn more?

Go to <http://www.kp.org>

Enter I915 in the search box to learn more about **"Transient Ischemic Attack: After Your Visit to the Emergency Room"**.

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