

Discharge Guidelines After Acute Stroke

Millions of people around the world suffer from strokes each year – but fortunately a huge number do survive and recover from them – either partially or fully. Below are guidelines you should follow for a successful stroke recovery.

- Follow a low fat, low cholesterol diet along with other instructions prescribed by your doctor. A dietician can help explain your diet. If you wish to speak with a dietitian, please ask your nurse to contact Garden City Hospital's Food and Nutrition Department for a consultation.
- Maintain your ideal body weight.
- Keep active. After you have completed formal therapy, continue the exercises you learned.
- See your doctor (as recommended) for blood pressure, cholesterol monitoring and regular check-ups.
- Take your medications as prescribed. Be sure to order refills on time to prevent running out of your medication. Take your medications at the same time each day. If you have difficulty affording your medications, please call United Way Community Services at 313-266-9888 or 800-552-1183.
- See your doctor if you have any excessive bleeding or if you choke during meals.
- Check with your doctor before returning to work.
- Have your blood drawn for lab work as ordered.
- Sexual activity may be resumed when you feel ready.
- Avoid smoking or being exposed to second-hand smoke. Do not use illegal drugs (cocaine, marijuana, etc).

STROKE is an Emergency. Every Minute Counts. *Act F.A.S.T!*



FACE

*Does one side of the face droop?
Ask the person to smile.*



ARMS

*Is one arm weak or numb?
Ask the person to raise both arms.
Does one arm drift downward?*



SPEECH

*Is speech slurred?
Ask the person to repeat a simple sentence.
Is the sentence repeated correctly?*



TIME

If the person shows any symptoms, call 911 or get to the nearest hospital immediately.

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- You may need to continue physical therapy, occupational therapy or speech and language therapy. This can be accomplished in a short-term rehabilitation facility, outpatient therapy center, or at home if you are homebound.
- Consider community resources if you need help caring for yourself. Many religious and cultural groups have support available. Be proactive in seeking out assistance. Consider joining a stroke support group which can help you learn about assistance and information from others. Community senior centers can be a good resource for transportation and other services.
- Call 911 immediately if you have any signs of a stroke in the future.
- Garden City Hospital Contact Numbers:

Outpatient Lab	734-458-4451
Outpatient Pharmacy	734-458-4224
Physician Referral	877-717-9355

