



Your Stroke Journey - Part One

Recovering in Hospital



ESSENTIAL GUIDE

ASJ1

This booklet is about recovering in hospital after a stroke.

It explains:

- What a stroke is.
- What happens in hospital.
- Rehabilitation.



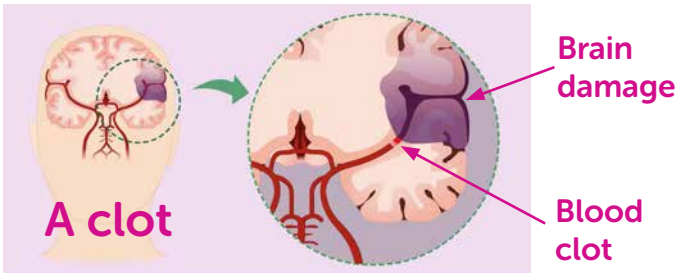
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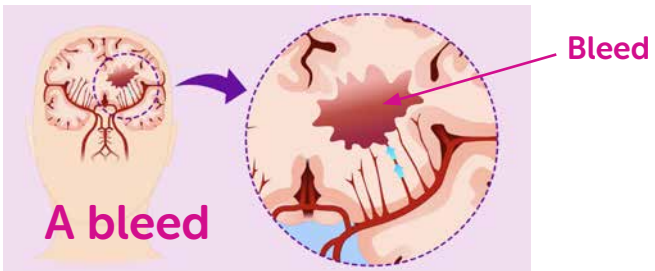
What is a stroke?

There are two types of stroke:

- A **clot** which **cuts off blood flow** in the brain.



- A **bleed inside your brain**.



What does stroke do?



During a **stroke**, some **brain cells** will be **damaged** or **die**.

A **stroke** can **damage** the **parts** of your **brain** which **handle** **language**.

After a **stroke**, some **brain cells** will **recover**.

Other cells may **take over** from damaged cells.

How does stroke affect you?

Stroke effects depend on:



- What **part** of your **brain** was **damaged**.



- **How long** the stroke lasted.



- **How bad** the stroke was.
- Your **age**.
- Your **health before** the stroke.
- How your **stroke** is **treated**.

Some common stroke symptoms:



- **Feeling weak or unable to move** one side of your body.



- **Trouble communicating**
– it might be hard to **speak, write, or understand.**





- Trouble **swallowing**.



- **Pain** or **discomfort**.



- Changes to how you **think** or **feel**.



- **Feeling tired**.

- Changes to what you **hear, smell, or see**.



Your stroke team

This team might include:



- **Specialist stroke consultants** and **neurologists.**

- **Stroke nurses.**



- **Speech and language therapists (SLTs).**

They can help you with **communication** and **eating, drinking and swallowing.**



- **Physiotherapists.**

They can help you move around.



- **Occupational therapists.** They can help with your **thinking skills**. They can help how you **manage everyday activities**.



- **Psychologists and psychotherapists.** They can help you with **emotional support**.



- **Social workers.** They can help you **access other services**.



- **Dietitians.** They can help you **eat healthily**.

Tests

You might have had these **tests** to find out more about your stroke:



- **Scans** of your brain.



- **Chest X-ray.**



- **Electrocardiogram (ECG)** to measure your heart rate.



- **Blood pressure** checks.



- **Blood tests.**

Treatments

Your **stroke** might have already **been treated** with:



- **Medicine** to break down a clot. This is called **thrombolysis**.



- **Surgery** to remove a clot. This is called **thrombectomy**.



- **Oxygen** through a **mask** or **tube**.

Medicine

You may be given **medicine** to:

- **Thin your blood.**
- **Prevent blood clots.**
- **Lower your blood pressure.**
- **Lower your cholesterol.**



Take your medicine as prescribed.

Your **Stroke Team will help** you.

If you have trouble swallowing, **medication can be given in different ways.**

Rehabilitation



You will have **rehabilitation exercises**.

Do the exercises.



Tell a nurse or therapist if **painful** or **difficult**.



The **exercises** will **help** you to **heal**.



You can **continue** the **exercises** at **home**.

Keep moving

It is important to **move around** as soon as you can. This will:



- **Reduce** your **risk** of **blood clots**.



- Make it **easier to eat** and **drink**.



- **Reduce** your **risk** of **developing chest infections**.



- Make you **feel less stiff and sore**.
- Make you **stronger**.

Planning to go home



People **stay** in **hospital** for **different lengths of time**.



Your **therapist(s)** may **take you** for a **home visit**.

Together you will see how you manage at home.



You **may** need extra **equipment**.

You **may not** be able to **return home**.



Your team will discuss **living arrangements**.

Going home

You might need to think about the following:



- How you will **travel back home.**



- If you need **someone to help** you get home.
- If you need **someone to stay** with you at home.



- If you need help **collecting or taking your medication.**
- Who can **help with your symptoms.**



- Your **appointments** when you get home.
- Where you can find more **information.**

Your **therapy team** at the hospital will discuss this with you before you leave.

There are two parts to this series:

**Your Stroke Journey – Part 1
Recovering in Hospital**

**Your Stroke Journey – Part 2
Recovering at Home**



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Published: September 2026

Next review: September 2029

AS1-v5.0-Sept2026

Scottish Charity (no SC018761)