

Lifestyle issues

Work

Getting back to normality is a major step towards your recovery. But it is a very much up to the individual and the type of work. Most people tend to look towards getting back to work after about six to eight weeks. A phased return is advised and can usually be arranged through your employer.

Travel

Flying should not be a problem for you, but you must inform your insurance company about your brain haemorrhage

Leisure/exercise/sex

There are no restrictions on these activities just be sensible.

Driving

Before returning to driving you must inform the DVLA about your brain haemorrhage. There is a downloadable form (B1) on the DVLA website, When you complete this ask the DVLA to contact your hospital doctor on the address at the end of the leaflet. **YOU MUST NOT DRIVE** until the DVLA has told you that it is OK for you to drive.

If you drive without permission from the DVLA, you may not be covered by your insurance and could face legal action. You

You should also inform your insurance company of the DVLA instructions.

Continuing support

If you have any questions, no matter how small. Please contact the clinical nurse specialist on 0131 537 3278

There is an answering machine and we will return your call as soon as we can.

The Brain and Spine Foundation can be found on the internet and provides useful information about your brain haemorrhage

For clinic/appointment queries contact our interventional secretary on 0131 537 3330

Please ask the DVLA to send the form for the attention of the consultant that looked after you in hospital.

The address is :

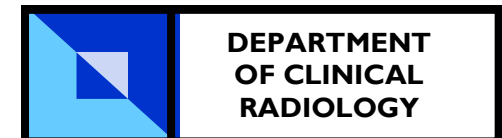
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PERIMESENCEPHALIC or NON-ANEURYSMAL SUB-ARACHNOID HAEMORRHAGE

A GUIDE FOR PATIENTS

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What is a perimesencephalic or nonaneurysmal subarachnoid haemorrhage ?

Bleeding into the fluid space around the brain. We call this space the 'subarachnoid space' and it is normally filled with fluid called the 'cerebrospinal fluid' or CSF. The blood only leaks for a very short period of time and the leak is most likely to come from a small vein but the cause is not fully understood.

You will have had a Computerised Tomography scan and an angiogram test to exclude any more serious causes of brain haemorrhage: this is the best combination of tests to exclude blood vessel problems such as brain aneurysm or AterioVenous malformation.

What you may experience soon after your bleed

Severe, persistent headaches are normal. You may have 'passed out' when the bleeding happened. Drowsiness. Poor concentration. Pain in the neck and lower back. Blurred or double vision. Symptoms are due to irritation from the small amount of blood in the CSF. The CSF circulates around your brain and along the spine giving the pain in the neck and back.

Complications following a bleed in the brain

Headaches may last for a few weeks or even months. They are generally worse in the morning and get better if you are sitting, standing or walking for a while.

Your memory and concentration may be affected: this may be a very subtle change and will improve with time although some are left with permanent difficulties.

It is very common to feel extremely tired after a subarachnoid haemorrhage.

When you leave hospital you may also have feelings of isolation or depression.

You may be afraid of having another bleed. These feelings are quite normal.

Please remember that the risk of another bleed in your case is very low indeed.

You or your relatives may find a slight change in your personality and that you are a little more short tempered than before. Many people feel frightened after a bleed.

What you can do to help

Rest as much as you need. Don't over do things as this could make your recovery time longer. Finding the balance between rest and activity is difficult but essential to

speed up your recovery. As time goes by your confidence will return but it is important not to expect too much in the first few weeks after your discharge from hospital. If you feel that your mood is not improving, please discuss this with you GP.

It helps to talk this through.

Increase your fluid intake for the first four to six weeks following the bleed . Drinking more fluids maintains your blood pressure and increases the blood flow to your brain improving circulation.

Medication

You may be prescribed 'Nimodipine', this drug relaxes the blood vessels in your head. It is given for a period of twenty one days after your bleed. Your doctor may decide that you do not need to take Nimodipine if the bleed is small. Your headache may be helped by the painkillers that you have been prescribed but avoid taking these for long periods at the maximum dose as they can eventually make your headache worse. If your headaches become different or you get worsening drowsiness or double vision, contact your GP.