

**Further information about  
St Helens & Knowsley Teaching  
Hospitals can be found on the  
website below:**

**[www.sthk.nhs.uk](http://www.sthk.nhs.uk)**

This leaflet can be made available in alternative  
languages/formats on request

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Produced by Stroke Nurse Specialists

## **Stroke Services**

**0151 290 4275**

### **Post Stroke Fatigue**

Patient information leaflet

**Whiston Hospital  
Warrington Road  
Prescot L35 5DR**

## Post Stroke Fatigue

Post stroke fatigue can affect anybody following a stroke. Even people who have suffered a mild stroke known as a TIA can suffer. Over half of people who survive a stroke suffer with fatigue, so it is a common problem.

Post stroke fatigue can vary in severity from very mild to extremely severe. Each person is affected differently and therefore their condition is managed differently. The severity of the stroke does not necessarily link to the severity of the fatigue. It can restrict activities of daily living for people who have had a stroke.

There is no known treatment for post stroke fatigue but by following some simple steps it could help you to manage it better.

### The DO'S & DON'TS of Post Stroke Fatigue

- **Do** think positive. Improvement may be slow but will get better. Keep a diary. This way you will be able to see the improvements that you have made over a period of time. **Don't** think that you are not going to make progress and do not compare yourself to other people.
- **Do** involve your family and friends and keep them informed as they can help you manage this. (Show them this leaflet).
- **Do** pace yourself and give yourself plenty of time to carry out tasks, even if the tasks are simple.

- **Do** listen to your body. You know your body best and you are in control. Listen to what it wants you to do. If you need to adjust by having a little sleep in the afternoon, then have a sleep.
- **Do** seek advice from your GP or stroke nurse specialist for a review of your medications, as these can sometimes make you feel tired. A review can also exclude any medical conditions such as diabetes or anaemia which can contribute to fatigue.
- **Do** gentle exercise. Ask your GP or stroke nurse specialist for advice on what is going on in your community. Keep a diary so you can track your improvements.
- **Do** eat a healthy diet and avoid alcohol. Include carbohydrates such as bread and pasta as they are good sources of energy.
- **Do** aim for a regular sleep pattern. Try to get your body in a regular routine.
- **Do** seek support from your GP, stroke nurse specialist or stroke association who can put you in touch with local groups such as stroke clubs, so that you can share experiences with others who have had a stroke.

### **Don't try to do too much**

**Contact our Stroke Nurse on  
0151 290 4275  
For further advice**