

# Therapeutic hypothermia for acute ischaemic stroke

Information for the public

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This procedure should not be used. The evidence shows that it is not safe and does not work for acute ischaemic stroke.

An ischaemic stroke happens when a blood clot stops the flow of blood to the brain. Brain tissue is then damaged because it does not get enough oxygen. In this procedure, a cooling device is used to reduce the body's temperature by 2°C to 4°C (creating hypothermia) for at least 12 to 24 hours immediately after a stroke. When the brain is cooler, it needs less oxygen from the blood. The aim is to limit the damage to brain cells caused by the stroke.

Your healthcare professional should talk to you about other treatment options.

NICE's information on [interventional procedures guidance](#) has more about what a procedure is and how we assess them.

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