



16.06.2026

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Media Release

Key research study aims to prevent further strokes after brain haemorrhage

People who have experienced a stroke caused by bleeding in the brain are being invited to take part in a major research study, being supported by the Royal United Hospitals Bath NHS Foundation Trust, which aims to improve future care.

The ASPIRING study is looking at whether medications such as aspirin or clopidogrel, commonly used to thin the blood to prevent blood clots, can help prevent further strokes, heart attacks and other serious conditions in people who have had a brain haemorrhage.

Researchers are inviting patients who have had this type of stroke who and are not currently taking blood-thinning medication to consider taking part.

After a brain haemorrhage, people remain at risk of further health problems, including another stroke or heart attack and around one in 10 patients experience one of these issues each year.

Medicines like aspirin and clopidogrel are widely used to reduce blood clots, but researchers want to find out whether the benefits outweigh the small increased risk of bleeding for people who have already had a brain haemorrhage.

Darwin Catibog, RUH Stroke Research Nurse, said: "This is a really important study that we hope will improve how people recover after a bleed in the brain.

"We're recruiting now, so if you have had this type of stroke in the past and would like to join the trial, please get in touch."

ASPIRING is a randomised controlled study. Participants are placed into one of two groups - one group will start taking aspirin or clopidogrel, while the other group will not start these medicines.

Participants have an equal chance of being in either group, and both groups continue to receive NHS care.

Researchers will follow participants' health for up to five years to understand which approach leads to better outcomes.

For more information and to sign up, visit the study website: <http://ASPIRING.ed.ac.uk/>

You can also contact the RUH's Stroke Research team on 01225 824120 or ruh-tr.strokeresearch@nhs.net

The ASPIRING study is funded by the British Heart Foundation and is being run by The University of Edinburgh and NHS Lothian.

Over the last year, the RUH has been involved with over 300 studies, opening 54 new studies and recruiting 4,840 participants to the portfolio of trials.

Ends

Notes to Editor:

At the RUH we're proud to put people at the heart of what we do, striving to create an environment where everyone matters. Everyone means the people we care for, the people we work with and the people in our community.

We provide a wide range of services including medicine and surgery, services for women and children, accident and emergency services, and diagnostic and clinical support services.

We also provide specialist services for rheumatology, chronic pain and chronic fatigue syndrome/ME via the Royal National Hospital for Rheumatic Diseases which we acquired in 2015.

In 2021, we acquired Sulis Hospital Bath, an independent hospital that provides care for both private and NHS patients. This has enabled us to provide more care for NHS patients, as well as continuing to provide private care to those who choose it. Any additional income earned through private care is reinvested in services for the benefit of the people we care for at both Sulis and the RUH.

Our new Dyson Cancer Centre brings together many of the RUH's cancer services under one roof to provide a cancer services hub for over 500,000 people in the South West. The centre includes the RUH's oncology, chemotherapy and radiotherapy services, a 22-bed inpatient ward, a dedicated pharmacy, research team and nuclear medicine and physics teams.

A key feature of the new centre is the Macmillan Wellbeing Hub. The three-storey hub provides a welcoming, non-clinical space designed around the needs of patients and their families. It also includes comfortable accommodation where relatives and loved ones can stay overnight.

We work closely with other health and care organisations as members of the Bath and North East Somerset, Swindon and Wiltshire Integrated Care Board. We strive to improve the health and wellbeing of the people in our community by working together build one of the healthiest places to live and work.

We are rated 'Good' by the Care Quality Commission (CQC).

For more information about the Royal United Hospitals Bath NHS Foundation Trust visit: www.ruh.nhs.uk