



Discharge Instructions for Seizure

You have been diagnosed with seizure, When you have a seizure, an electrical disturbance happens in your brain. There are different kinds of seizures, and each person may have one or many types of seizures. Here are some guidelines for you and your family.

IF YOU HAVE A SEIZURE

- Clear the area to prevent injury.
- Position you on a flat, carpeted surface, if possible.
- Don't try to restrain you.
- Don't put anything in your mouth.
- Turn you onto your side if you start to vomit.
- Keep track of the date and time the seizure started, how long it lasted, if you lost consciousness, a description of your body movements, what provoked the seizure (if known), and any injuries you suffered. Using a watch may help keep correct time of events.
- Stay with you until you regain consciousness.
- If you have seizure immediately Call 998

ACTIVITIES

Following are some things to consider:

Enjoy your normal activities. Most people with seizures lead normal lives.

- Many other activities can be very dangerous if you were to have a seizure. If you are on a ladder or roof or operating heavy equipment or sharp tools, you could be seriously injured. Talk with your healthcare provider about any activities you are unsure of.
- Don't swim alone or take part in other similar activities without others nearby.

OTHER HOME CARE

- Take your medicine exactly as directed. Skipping doses can affect the way your body handles the medicine, which could cause you to have a seizure.
- Make sure all your healthcare providers have a list of all your medicines. Seizure medicines may interact with other medicines.
- Think about how to keep small children safe if you are caring for them when you have a seizure.
- Talk with your provider if you are trying to become pregnant. Some medicines for treating epilepsy and seizures can cause birth defects when taken during pregnancy. Folic acid may reduce the risk for some of these birth defects. Ask your provider if you should take folic acid or take other precautions.