

You have been given this leaflet because you had a suspected seizure – please keep it with you.

This does not necessarily mean you have epilepsy.

There are many different medical causes for seizures and 5% of people experience a seizure at some time in their life; 50% of these never have another episode.

A seizure may be triggered by stress, exhaustion, a bang to the head, pain, overuse of alcohol, use of drugs or illness.

Sometimes after a single seizure no treatment is needed. But if the cause of the seizure is uncertain then you will need to be seen by a specialist who will decide if you need further investigation and treatment.

If the Emergency Department doctor decides you do not need treatment it is still important that you visit your GP or return to the Emergency Department if you experience the same symptoms again.

If you need to see a specialist then a referral will be made for you by the Emergency Department doctor or nurse.

CLINIC APPOINTMENT

To work out why someone has had a fit, faint or funny turn the doctor will need a clear description from a witness so please ask someone who can give this information to accompany you.

You will be asked questions about:

- What you can remember about the event (before, during and after the attack)
- Medical history from when you were a baby (it may be useful to check with a parent or other family members if you are unsure)
- Whether any blood relative has ever suffered from seizures

Please bring with you:

- A record of any further possible seizures you have experienced
- A list of any medicines you are taking

You may be contacted by the epilepsy nurse specialist who can offer advice and support to everyone who has a suspected seizure.

There is also a helpline you may phone.

Epilepsy Nurse Specialist

Phone: 07827982652

Adults: 01803 210403

Children: 01803 654616

If the answer machine responds please leave your name and number – your call will be returned.

DRIVING AFTER A SUSPECTED SEIZURE

- Please read the following information carefully and do not drive until you are sure of the regulations that apply to you.
- Anyone who has experienced a seizure may be forbidden to drive for a period of time

- This time period may be for 6 months for a first uncomplicated seizure but in other cases may be 12 months (with or without medication)
- To check which regulations apply to you please ask the doctor before leaving the Emergency Department or contact the DVLA before resuming driving
- If you are still unsure whether you should drive please phone the Epilepsy Nurse Helpline: 01803 210403 OR 07827982652.
- You will need to return your driving licence to the DVLA – details of how to do this can be obtained using the contact details.

DVLA, Drivers Medical Group

Swansea, SA99 1DL

Tel: **03007906806**

www.dvla.gov.uk/medical

SAFETY ADVICE

Although you and your family and friends will probably be worried, remember that you may never again experience a similar event. To help to restore your confidence and reassure others there are some basic steps you can take.

- Avoid identified triggers (e.g. lack of sleep, alcohol, recreational drugs)
- Always let someone know where you are going, when you expect to return and notify them of any changes in your plans.
- Microwave ovens are safer than traditional cookers
- Shower rather than bath – do not lock the bathroom door

- Avoid unprotected heights and areas of unsupervised open water
- Cyclists – wear a helmet and keep to cycle routes
- Swimmers – inform the pool lifeguard

OTHER SOURCES OF INFORMATION

Epilepsy Action
www.epilepsy.org.uk

Epilepsy Society
www.epilepsysociety.org.uk

Epilepsy Research
www.epilepsyresearch.org.uk

FIRST AID FOR SEIZURES

Do:

- ✓ Stay Calm
- ✓ Prevent the person from injury – remove sharp or hard objects from the immediate area. If they are confused and wandering guide them away from danger (e.g. steps, road, open water)
- ✓ Monitor how long the seizure lasts (use a watch or mobile phone clock; if necessary ask someone to help)
- ✓ Keep onlookers away
- ✓ Loosen any tight clothing around the neck
- ✓ If the person remains unconscious after the episode has finished, aid breathing by placing them on their side into recovery position (see picture)
- ✓ As the person recovers offer reassurance and remain with them until recovery is complete.

Don't:

- ✗ Put anything in the persons mouth
- ✗ Don't restrain
- ✗ Move them unless they are in immediate danger
- ✗ Give the person anything to eat or drink until they are fully recovered.

If you are in ANY doubt what to do – dial 999 and stay with the person.



**PATIENT
 INFORMATION**

ADVICE SHEET FOR:

FIRST SEIZURE

I have recently had a seizure and may need your help.

Name:.....

Address:.....

.....

Emergency Contact:

Phone:

EMERGENCY DEPARTMENT

Torbay Hospital
 Lowes Bridge, Torquay, TQ2 7AA

Reception/Enquires:

01803 654003/654008

Minor Injuries Helpline:

01803 654015/654020