

I have epilepsy

About me

My name is:

My contact number is:

In an emergency please call

Name:

Contact number:

This is what usually happens to me in a seizure:

My seizures usually last for minutes

It takes me minutes to recover

If I am having a seizure you can help me by:

Most people do not come to any harm during a seizure or need to go to hospital or see a doctor.

Please dial 999 for an ambulance if:

- I have injured myself during the seizure;
- I have trouble breathing after the seizure;
- my seizure lasts for longer than **5 minutes**; or
- I have one seizure after another without recovering.

My medication

Medication:

Dose/time:

Medication:

Dose/time:

Medication:

Dose/time:

My doctors

GP:

Tel:

Surgery:

Consultant:

Tel:

Hospital:

What to do if I am shaking

- Allow the seizure (shaking) to happen – don't hold me down.
- Put something soft (like a jacket) under my head.
- Move nearby objects away from me. Only move me if I am in a dangerous place.
- Stop other people from crowding around me.
- **Do not** put anything in my mouth – I will not swallow my tongue.

Once I have stopped shaking

- Roll me onto my side into the recovery position (see below).
- Check that I am breathing normally.
- Please minimise my embarrassment if I have been incontinent.
- Stay with me while I recover – I may be very tired or confused.

The recovery position



Other types of seizure

If I am confused or wandering around as if I do not understand:

- gently guide me away from danger. Speak gently and calmly to me – I may be confused for a while after the seizure.

If I fall and then recover:

- check that I am not hurt and stay with me while I recover.

helpline

01494 601 400

Confidential (national call rate).
Information and emotional support.

epilepsy
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