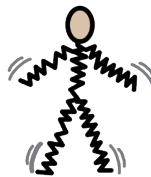


# **Taking your medication**



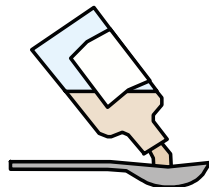
People with epilepsy take medication every day.



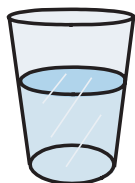
This is to help stop the number of seizures (fits) you have.



You might have tablets.



You might have a syrup.



You can drink water to help you swallow your tablets.



Sometimes your medication needs to be taken before or after food.



Ask your doctor if you are not sure.



**Ann is taking her tablets with water.**





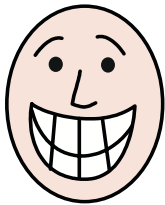
Your doctor will tell you  
which medication to take.



An alarm can remind you  
what time to take  
your medication.



You might need to take  
your medication for a  
long time.



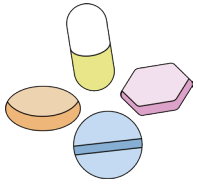
Your medication keeps  
you well.



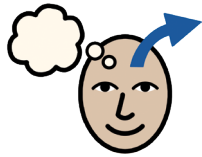
Do not stop taking your  
medication or change the  
amount unless the doctor  
says that's ok.



**Setting an alarm reminder on a  
mobile phone.**



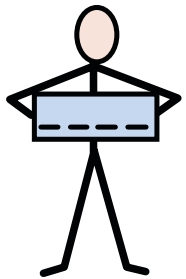
Your tablets may be different shapes and colours.



Try to remember the name of your medication.



If your medication looks different ask your chemist for help.



**It is important to only take your own medication.**



If you forget to take a tablet ask a pharmacist what to do.

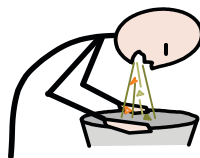


**Do not take tablets if they are not yours.**

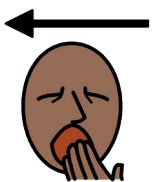




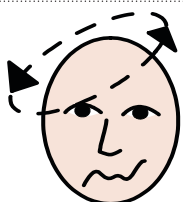
Sometimes the medication  
can make you:



- sick



- tired



- dizzy



Tell your doctor or carer if  
you feel like this.



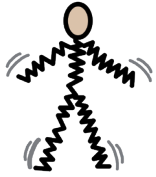
You might get a rash on  
your body.



Tell your doctor or  
carer quickly.



**Jo has a stomach ache.**



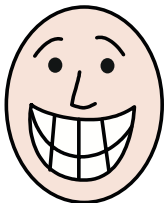
If you have a long seizure you may need emergency medication to stop the seizure.



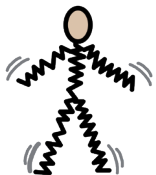
Your support plan says who can give you the medication and when they should give it.



Usually emergency medication is put into your mouth.



It does not hurt.



It will stop the seizure quickly.



**Using emergency medication.**





## Helpline

**0300 102 0024**

**helpline@epilepsysociety.org.uk**

### **Epilepsy Society**

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   /epilepsysociety

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