I have epilepsy

About me

My name is:

My NHS number is:

My date of birth 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:

Please dial 999 for an ambulance if:

- I have injured myself during the seizure;
- I have trouble breathing after the seizure;
- my seizure lasts 2 minutes longer than usual for me;
- you do not know how long my seizures usually last; or
- I have one seizure after another without recovering.

My medication

Medication:	**Dose/time:**
Medication:	**Dose/time:**
Medication:	**Dose/time:**

My doctors

GP: **Surgery:**	**Tel:**
Consultant: **Hospital:**	**Tel:**

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.

Scan to find out more about 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
0300 102 0024

Confidential, information, and emotional support.
Visit epilepsysociety.org.uk/helpline for opening hours.

epilepsy society

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Registered charity number 206186