

## Contact us

You should be given an appointment fairly quickly, but if you have any questions before that, please phone the Epilepsy Nursing Service on 01872 253088.

If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690



## Suspected first seizure



## Who is this leaflet for?

You have been given this leaflet because you have had a suspected seizure. This does not necessarily mean you have epilepsy, but the doctors think your seizure needs further investigation.

You may shortly receive an appointment to be seen in the First Seizure Clinic by a Consultant Neurologist.

Meanwhile, here is some useful information.

## What is a seizure?

A seizure is caused by a sudden burst of excess electrical activity in the brain, causing a temporary disruption in the normal message passing between brain cells. This disruption results in the brain's messages becoming halted or mixed up.

## Can I drive?

Anyone who has had an unexplained episode of altered / loss of consciousness must stop driving and inform the DVLA. These are the reasons why:

- Any type of seizure, no matter how slight or brief, can affect your ability to drive safely.
- Your current driving licence isn't valid.
- Your car insurance may not cover you.
- If you carry on driving you are breaking the law, and could face prosecution.

## DVLA drivers' medical enquiries:

Tel: 0300 7906806

Monday to Friday - 8am – 5.30pm

Saturday - 8am – 1pm

## Should I tell my employer?

It is sensible to tell your employer or Occupational Health department to get support and advice.

You **must** inform them if:

- your job includes driving or flying
- you are in the armed forces
- there could be any risk, eg working at heights, or near water or machinery
- you work with children or vulnerable adults.

## What precautions should I take?

Some people who have a first seizure never have another one. However, sensible precautions for now are:

- Avoid activities which could be dangerous if you had a seizure.
- Have a shower rather than a bath, and leave the door unlocked.
- Let someone know where you are and when you expect to be back.
- Tell the Lifeguard if you go swimming.
- Avoid too much alcohol.
- Try not to get too tired or stressed.
- Eat regular meals.

## What will happen at the clinic?

If you attend the First Seizure Clinic, you will be asked more questions about what has happened to you. If you have any unusual symptoms meanwhile, **it helps to have them written down**. It is very helpful if someone who has seen your seizure can come with you, or be available by phone.

Whoever sees you will then let you know if further tests are needed, and you will have plenty of time to ask questions.