

Contact us

For further information call the Epilepsy Nursing Service on 01872 253088.

Further information

Further information and support is available from:

Epilepsy Action help line 0808 800 5050

www.epilepsy.org.uk

text 07797 805 390

Epilepsy Society help line 01494 601 400

www.epilepsysociety.org.uk

Cornwall Epilepsy Action Support Group

Monthly meetings in Truro

Call or text 07583845343

Also on Facebook and Twitter

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



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NHS

Royal Cornwall Hospitals
NHS Trust

Confirmed first seizure



One + all | we care

Who is this leaflet for?

You have been given this leaflet because you have had a confirmed seizure. This does not necessarily mean you have epilepsy, but you may be at risk of further seizures and investigations might have been arranged.

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 a seizure 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?

Half of all 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.

These precautions will be relaxed if you have no further episodes - your doctor will advise when you may return to all usual activities.

What about school/college/sport?

Let someone in authority know. You can continue your normal studies although you may have to consider the safety issues.

What if I have started treatment?

If you have already started treatment it is important that you take it regularly, do not stop it suddenly, and tell your doctor if you have any side effects.

For women, treatment may affect contraception – please feel free to discuss this further with the Epilepsy Specialist Nurse.