

What about school/college/sport?

You can continue your normal studies although you may need to consider safety issues.

Contact us

For further advice please contact the:

Epilepsy Specialist Nurse Service

Tel: 01872253088

Mobile: 07813684702

Fax: 01872 253128

Further information

The following web sites provide useful information and support:

Epilepsy Action

New Anstey House, Gate Way Drive,
Yeadon, Leeds LS19 7XY

Tel: 0113 210 8800 Fax: 0113 391 0300

Freephone Epilepsy Helpline

0808 800 5050

Text 07797 805390

www.epilepsy.org.uk

Epilepsy Society

Chesham Lane, Chalfont St Peter,
Bucks SL9 0RJ

Tel: 01494 601 300

Freephone Epilepsy Helpline

01494 601 400

www.epilepsysociety.org.uk

Cornwall Epilepsy Action Support Group

Call or text 07583845343

Meeting 7pm – 9pm on the last Wednesday
of the month in Truro



Royal Cornwall Hospitals
NHS Trust

Epilepsy



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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One + all | we care

Who is this leaflet for?

You have been given this leaflet because you have been diagnosed as having epilepsy. You may be at risk of further seizures. Investigations will have been arranged for you or these may have already been completed.

What is epilepsy?

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

What should someone do if they see me have a seizure?

- Protect you from injury - remove harmful objects from nearby.
- Cushion your head.
- Not put anything in your mouth.
- Aid your breathing by gently placing you in the recovery position, once the seizure has finished.
- Stay with you until you have fully recovered, allowing you to rest afterwards.
- Be calmly reassuring.

What if I have started treatment?

If you have already started treatment it is very important that you take it regularly, do not stop it abruptly, and report anything that you think might be side effects (allergic rash, nausea/vomiting).

For women, treatment may affect contraception.

What are the risks, if I should have another seizure?

The risk is higher if your seizures involve loss of consciousness:

- you may injure yourself during a seizure
- Sudden Unexplained/Unexpected Death in Epilepsy (SUDEP) can occur, although this is uncommon.

What precautions should I take?

It is advisable to:

- Avoid activities that could be dangerous if you had a seizure.
- Take a shower rather than a bath. Leave the door unlocked. Tell someone what you are doing.
- If you go swimming tell the Lifeguard.
- Avoid too much alcohol.
- Try not to get too tired or stressed.
- Eat regularly. Avoid dehydration.

These precautions can be relaxed and you may return to all usual activities if you have no further seizures.

Can I drive?

Anyone who has had a seizure must stop driving and inform the DVLA. This is because:

- any type of seizure, no matter how slight or brief, can affect your ability to drive safely
- your current driving license becomes invalid
- your insurance may not cover you
- you are breaking the law and could be prosecuted.

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, for example working at heights, or near water or machinery
- you work with children or vulnerable adults.