NHS
Calderdale and Huddersfield
NHS Foundation Trust

Neurology Department

First Seizure Guidelines
Advice To Patients/Carers

- You have had a seizure (fit). Many people have an isolated seizure at some time in heir lives, but this does not mean that they have epilepsy. This is usually diagnosed after two or more sudden unprovoked seizures.
- A seizure can happen to anyone if the circumstances are appropriate. Research shows that 1 in 20 people will have a seizure at some time in their lives. Two thirds of these will never have another one.
- There may be a reason for the seizure e.g low blood sugar, an excessive intake of alcohol or substance abuse.
- The brain is the control centre of the body. It is made up of millions of neurons or brain cells, which are constantly transmitting and receiving messages enabling our bodies to work properly. If some of these brain cells malfunction for any reason the messages can become disorganised and a seizure may result.
- You may be referred to the Neurology department if the diagnosis is unclear. An appointment will be sent to you. Otherwise please contact your G.P so that he/she is aware of your seizures.
- You must stop driving and inform the DVLA in Swansea that you have had a seizure. The law requires you to do this. Your car insurance automatically becomes invalid!
- You will be advised as and when you can reapply for your license by your specialist and the DVLA.

compassionate care

What to do if another seizure occurs

- Clear a space around the person and ensure no injury has occurred.
- Put something soft under their head for protection.
- Once the seizure has ended, roll the person onto their side (the recovery position).
- Try to ensure they can breathe easily.
- Stay with them until they have fully recovered.

Usually a seizure will be over in a few minutes. Please dial 999 for an ambulance if it lasts more than 5 minutes or is followed by another seizure.

Home Safety Checklist following a seizure

Children

- Do you avoid carrying children if you are on your own?
- Do you change nappies on the floor?
- Do you always bath children when somebody else is at home with you?
- Do you have an alarm system if you should get into difficulties?

Bathroom and toilet

- Do you always let another person know you are taking a bath or a shower?
- Do you always limit the temperature of the water?
- Do you always use one third to half a full bath?
- Do you shower if in the house alone?
- Does the door open outwards to avoid been blocked if you should fall?
- Do you leave the bathroom door unlocked or use safety locks?

Kitchen

- Do you use a microwave instead of an oven?
- Do you use a cooker guard?
- Do you turn pan handles away from you and place pans at the rear of the hob?
- Do you take the plates to the pans when serving?
- Do you use oven chips (rather than the chip pan)?
- Do you use cordless kettles and irons?
- Do you use an electric hob (rather than gas)?
- Do you cover sharp edges?
- Do you use an alarm system that will alert others if you are in difficulties?

Please contact the Epilepsy Nurse Specialist if you have any concerns about your seizures:

Telephone No. 01422 222568 / 01484 342118

Other useful contacts

Epilepsy Action
- Helpline 0800 800 5050

National Society for Epilepsy
- Helpline 01494 601 400

If you have any comments about this leaflet or the service you have received you can contact :

Epilepsy Nurse

Huddersfield Royal Infirmary
Telephone (01484) 342118

Calderdale Royal Hospital
Telephone (01422) 222568

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obrat'te se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym fomacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਕ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو ہی معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
براۓ میہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"