



Information for patients, relatives and carers

Epilepsy

Epilepsy: General Information

- It is important to take your medication regularly and never stop suddenly.
- Inform your GP that you have attended the Emergency Department following a seizure.
- Avoid things which can make seizures more likely:
 - Excessive drinking
 - Getting overtired or stressed
 - Illegal drugs
- If you have not already done so, and you drive, you are required by law to inform the DVLA that you have had a seizure.
- Until you see your GP and your epilepsy is well controlled you **should not**:
 - Drive a car or ride a bike
 - Work on ladders or in other high places
 - Lock the WC or toilet at home
 - Operate machinery
 - Take a bath in deep water (showers are safer)
 - Swim alone

First aid during a seizure

Seizures can be allowed to run their natural course. They usually last only a few minutes and the person will recover spontaneously so will not need to go to hospital.

DO:

- Cushion their head with your hands or a pillow
- Remove sharp or hard objects from near the person
- Move the patient if they are in danger

DO NOT:

- Restrict their movements
- Put anything in their mouth or between the teeth
- Leave before they are fully recovered

When the seizure stops, lay the patient in the recovery position. Recovery times vary from a few seconds to several hours.

Call an ambulance (999) if:

- Seizure lasts more than five minutes
- There is an injury
- There are two or more fits
- It is a prolonged recovery

① If you have further concerns about your condition, please contact your GP. If you are not sure what to do, call 111 or get help from 111 online: <https://111.nhs.uk/> [When to use NHS 111 - NHS \(www.nhs.uk\)](https://www.nhs.uk/when-to-use-nhs-111/)

Patient Advice and Liaison Service (PALS): We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services. PALS can be contacted on 01904 726262, or email pals@york.nhs.uk. An answer phone is available out of hours.

Leaflets in alternative languages or formats: If you require this information in a different language or format, for example Braille, large print, Easy Read or audio, please ask the staff who are looking after you.

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