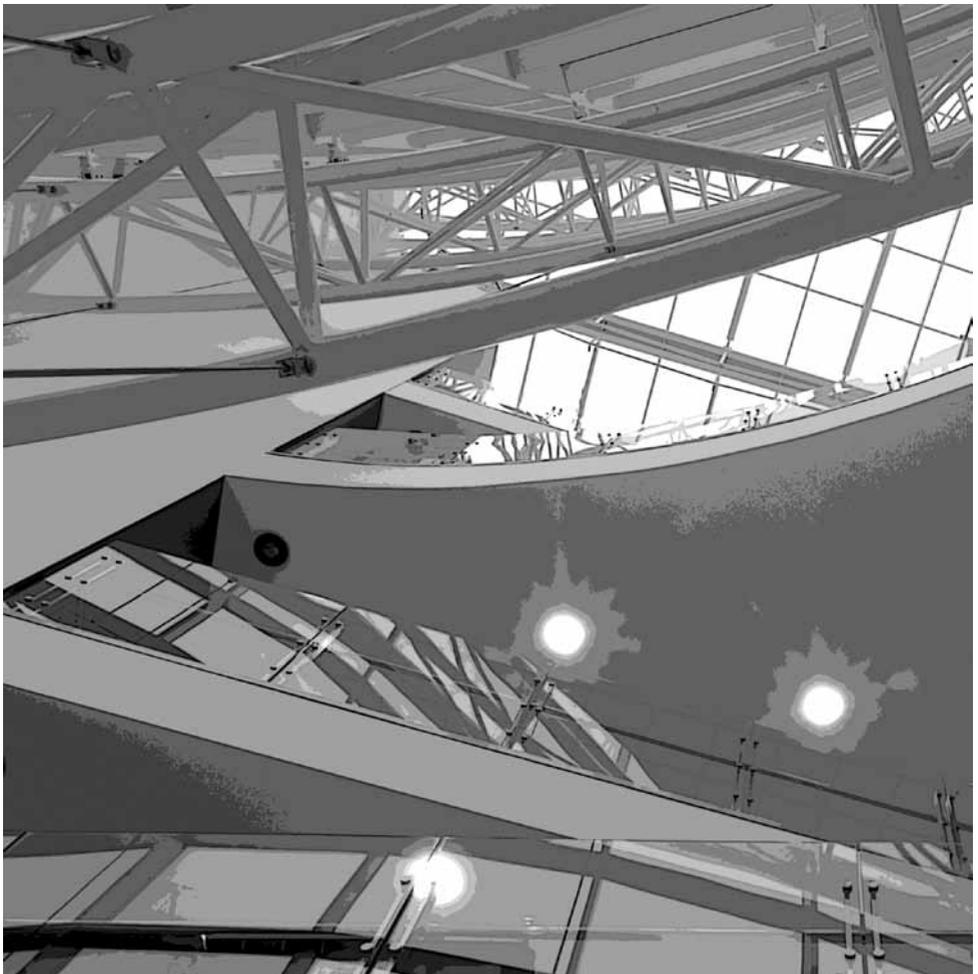


Fit, faint or funny turn?

Information for people who may
have had a first seizure



Introduction

Many people have a single seizure. Having one seizure does not mean that you have epilepsy. Epilepsy is defined as a tendency to have recurrent seizures.

Seizures can sometimes look like other events such as faints. It is therefore important that you see a neurologist. This will usually be in the Neurology Department at the West Wing, John Radcliffe Hospital. The doctor who saw you in the Emergency Department will make the referral for this. You should receive an appointment to be seen within 4 weeks.

The doctor will be very keen to talk to someone who saw the seizure, so it would be very helpful if you could bring any witness with you. If this is impossible, ask them to write down what happened. This can help the doctor reach a diagnosis.

Specific Issues

Driving

You must stop driving until you are seen in the first seizure clinic. At the clinic, you will be advised whether or not you can continue driving. If you are advised not to drive, you should inform the DVLA, who will decide when you can drive again.

Safety

If you have had recent tonic clonic seizures (sometimes known as grand mal or convulsions), for your personal safety, it is best to avoid:

- Taking a bath in deep water and locking your bathroom door. Use an 'engaged' sign instead. Shower if possible. Don't go swimming on your own.
- Heights, e.g. ladders, stairs, edge of railway platforms.
- Open fires.
- Unguarded machinery.

What others should do to help if you have another seizure.

It is important that your family or friends know what to do if another seizure occurs. You may like to share the following information with them

- **DO** move items which may cause injury to the person e.g. furniture.
- **DO** cushion the head.
- **DO** help breathing by turning the head to one side. Turn the person onto their side once jerking has stopped.
- **DO** stay with the person until fully recovered.
- **DON'T** try to restrain the person.
- **DON'T** put anything in the mouth.
- **DON'T** try to move them unless in danger.
- **DON'T** give anything to drink until fully recovered.

Most seizures stop by themselves. However, if the jerking part of a seizure goes on for longer than 5 minutes, or if injury occurs as a result of a seizure, call an ambulance by dialing 999.

Some people have other sorts of seizures, in which they may appear to be in a trance. If you have seizures like this, someone should stay with you until you have recovered and guide you away from danger.

Should you need any further information,
please contact:

Epilepsy Action.

Helpline 0808 800 5050. (freephone)
www.epilepsy.org.uk

Epilepsy Society.

Helpline 01494 601 400.
(Monday to Friday 10am to 4pm – national call rate)
www.epilepsysociety.org.uk

DVLA.

Telephone: 0870 240 0009
www.dvla.gov.uk

NHS Direct.

Telephone: 0845 4647
www.nhsdirect.nhs.uk

Epilepsy Specialist Nurse

Oxford University Hospitals
01865 234222

If you need an interpreter or need a document in
another language, large print, Braille or audio version,
please call **01865 221473**
or email **PALSJR@ouh.nhs.uk**

Dr J Adcock Consultant Neurologist
Maggie Tristram Epilepsy Specialist Nurse.
Version 1, October 2012
Review October 2015
Oxford University Hospitals NHS Trust
Oxford OX3 9DU
www.ouh.nhs.uk/patientinformation