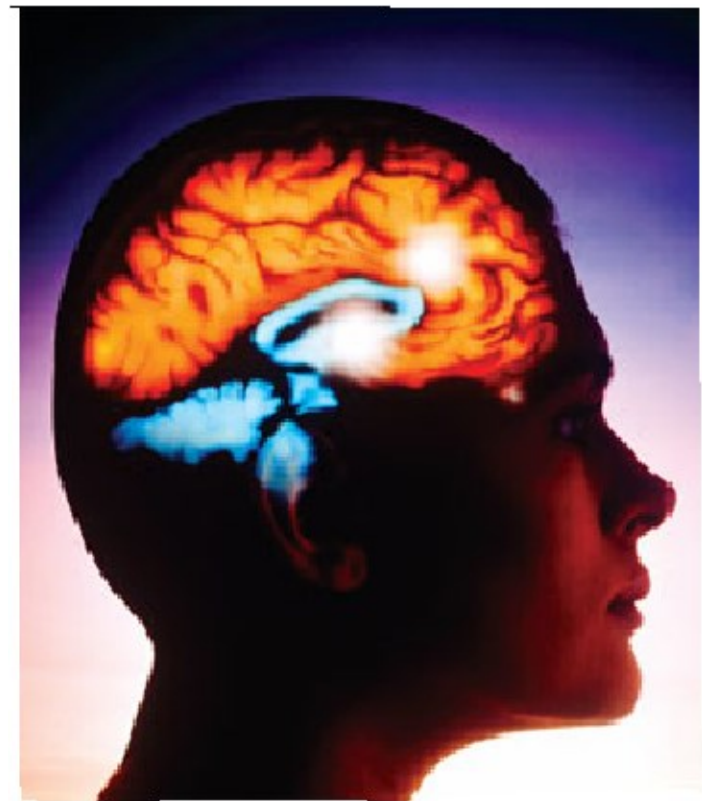
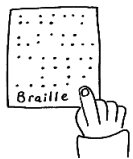


Information about Epilepsy



This leaflet is available in other languages or formats



For more information see www.cwp.nhs.uk.

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The information in this leaflet was valid at the date of production **December 2019** and is due for review in **December 2021**

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Note for staff/carers:

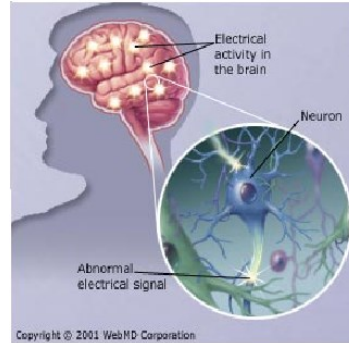
The information in this leaflet should be discussed with the service user and it should not be provided without support

What is Epilepsy?

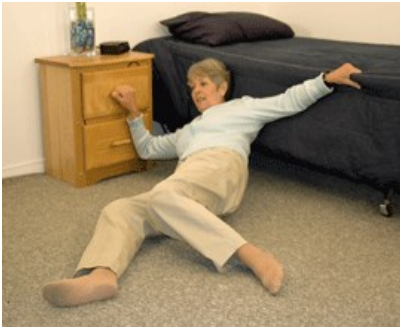
Epilepsy is when the brain does not work in the normal way and this affects how the body works.

Seizures are sometimes called a fit s or funny turns.

A seizure happens when electrical changes from the nerves in the brain stop or get mixed up for a short time.



This causes physical changes in the body such as staring, shaking, falling or becoming unconscious.



This is sometimes called a 'black out'.



A seizure can last a few seconds or a few minutes.

Then usually everything will go back to normal.



If you are worried or not feeling well talk to your doctor or specialist nurse.

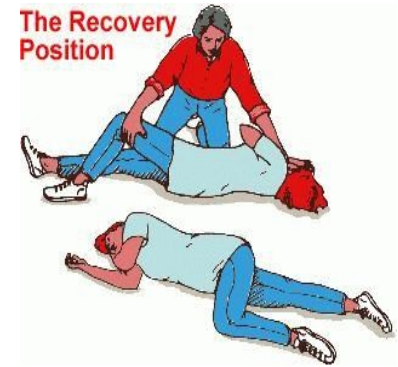


What to do if a person has a seizure

If the person has fallen to the ground put something soft under their head.

Call for help.

Stay with the person until they are back to normal.
When the seizure has stopped put the person on their side in the recovery position.
Keep a note of the date and time the seizure happened.



More Information

This booklet gives some information about epilepsy.

For more information speak to your doctor or specialist nurse.



Triggers or things that can cause more seizures

Forgetting to take medication



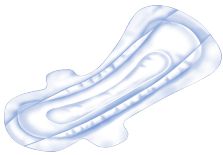
Drinking too much alcohol



Being constipated



Periods



Being stressed, worried or bored



Not getting enough sleep



Not eating regular meals



Eating unhealthy food

Reacting to flickering lights

This is called photosensitivity



Tests done to check for seizures

Some people go to the hospital to have tests.

One test is called an **EEG**.



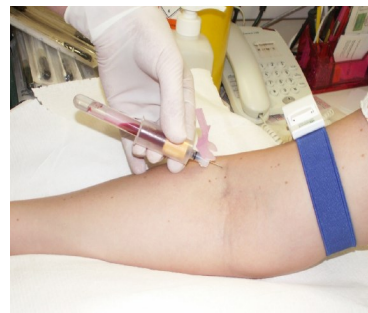
This is a way of recording electrical changes in the brain.

A **CT scan** is like an x-ray of the brain which can also be done to check if there are any physical problems.

An **MRI scan** is like a CT scan but can show a picture of the brain in more detail.



A blood test is also done to check if there are any other health problems.



Treatment for seizures

People take medication to try to control their epilepsy.

There are lots of different medications to treat different types of seizures.



The doctor or specialist nurse will pick the best medication for each person.



Medication needs to be taken every day and at the time the doctor says.

Sometimes there are problems or side effects when taking medication.

Some of these problems are:

- Headaches or feeling dizzy
- Weight problems
- Skin rashes
- Sleep problems

Why do people have seizures?

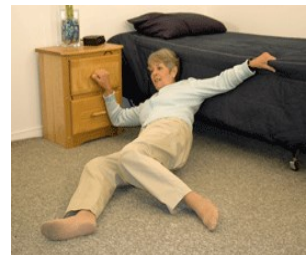
- Some people have seizures after being ill or having an infection.
- Some people are born with seizures.
- Sometimes no-one knows what causes seizures.

There are many different types of seizures.

Some seizures last only seconds and the person may look like they are day dreaming.



Some seizures can last for a few minutes and the person may go stiff and fall to the ground.



How do people feel after a seizure?



Some people just feel tired and want to sleep.

Some people have a headache and sore arms and legs.