



## Managing your Epilepsy

- Understand your triggers
- Eat a healthy and balanced diet
- Take your epilepsy medication at the set time.
- Get a good night's sleep
- Make sure that you carry your emergency medication if you have one.

## Useful Contacts

The following organisations are independent of CWP, contact details are provided for information purposes only. CWP will not be responsible for any advice or treatment provided by these organisations.

### DVLA

Website: [www.gov.uk/contact-the-dvla](http://www.gov.uk/contact-the-dvla)  
Tel: 0300 790 6806

### Epilepsy Action

Website: [www.epilepsy.org.uk](http://www.epilepsy.org.uk)  
Tel helpline: 0808 800 500  
E-mail: [helpline@epilepsy.org.uk](mailto:helpline@epilepsy.org.uk)

### Epilepsy Society

Website: [www.epilepsysociety.org.uk](http://www.epilepsysociety.org.uk)  
Tel: 0149 460 1400

### Headway: The Brain Injury Association

Website: [www.headway.org.uk](http://www.headway.org.uk)  
E-mail: [enquiries@headway.org.uk](mailto:enquiries@headway.org.uk)  
Tel: 0115 924 0800

**People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.**

If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টেস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।

如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિદ્યાર્થકની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુવી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लिपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूवी (CWP) कर्मचारीयों के साथ बात कीजिये, या ईमेल कीजिये: [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

## Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: **The Patient Experience Team**, Trust Board Offices, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

For more information see [www.cwp.nhs.uk](http://www.cwp.nhs.uk)

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## Epilepsy

**Acquired Brain Injury Service  
Acorn Suite  
1829 Building  
Countess of Chester Health Park  
Liverpool Road  
Chester  
CH2 1HJ  
Tel: 01244 389252  
Fax: 01244 389255**

## Epilepsy (Seizure / Fit / Attack)

Seizures can occur after a brain injury. They can be a one-off incident at the time of your injury or after surgery, or can occur weeks or even months later.

During mild seizures, you may experience 'zoning out', gazing into the distance, fluttering eyelids, episodes of déjà vu, or jerky arm or leg movements. This activity may only last 5-30 seconds.

Severe, or complex, seizures can cause falls and collapses with more severe jerky limb movement, and may render you unconscious. This type of seizure activity can last up to three minutes.

Some people have "warning signs" - e.g. tingling in their fingers or face, or a strange taste in their mouth.

Some seizures appear to have a pattern - e.g. every 6 weeks, every 3 months. Others have little or no consistent factors or pattern.

After a seizure you will feel dazed and tired for a few hours or even 'out of sorts' for a few days.

## Treatment

You will be given medication to try and reduce or stop the seizures. It can take time to find the right tablet and dosage for you. Some common epilepsy tablets are: Sodium Valproate, Keppra, Epilim, Carbamazepine

## Important notes on epilepsy medication

- Do not miss a dose
- Take your medication at the set time
- Never just stop taking your medication. They need to be gradually reduced. Ask your GP or Consultant to help you with this.

## Things that can trigger a seizure

- Too much alcohol
- Drugs
- High stress levels
- Tiredness
- Strobe or bright flashing lights
- High temperatures
- Poor diet
- Hormonal changes

## Driving

Many people are able to continue to drive a car / motorbike with epilepsy, provided the condition is controlled via medication, and that there has been no seizure within the past 12 months (different criteria apply to lorry drivers).

It is important that you inform the Driver and Vehicle Licensing Agency (DVLA) if you have been diagnosed, or if there is a change in your condition. Failure to do so could result in a fine of £1000!

## Employment

Some people with epilepsy are able to continue working with support from their employer.

It is important that if you do decide to continue working that you make your employer aware of your epilepsy and you discuss with them how best to manage your epilepsy whilst at work.

Your employer has a responsibility to ensure that they make reasonable adjustments (e.g. reduced hours) to allow you to carry on working in a safe environment.

A member of the ABI team can also provide support and advice for you and your employer.

## Memory

People sometimes experience memory difficulties before, during or after a seizure. The reason for this depends on a range of factors such as the type of seizure, duration of seizures, medications and so forth.

Using memory aids such as a diary and notepad can help you to manage your memory difficulties.

A member of the ABI team can also provide support and advice to help you manage your memory problems.