



First Seizure and Established Epilepsy **SAFETY & DRIVING INSTRUCTIONS**

You have experienced what is thought to be a seizure - there is a risk you could have another seizure, particularly in the next few months.

Safety Information:

To avoid injuring yourself and others please follow these safety instructions:

- **Do NOT drive** any vehicle for at least six months or until otherwise advised by a doctor.
- **Do NOT operate** dangerous machinery, power tools or any equipment that may be potentially dangerous to you or others if you were to have another seizure.
- **Do NOT have a bath or swim alone.** Have a shower instead. If you do have a bath, make sure someone responsible is in the bathroom. Regulate your hot water system to a lower temperature setting so if only hot water is running, you won't get burnt.
- **Do NOT work at heights** (e.g. cleaning gutters, second storey windows) or take part in sporting activities to do with heights.
- **Avoid excess alcohol** (no binge drinking), **sleep deprivation and use of illicit drugs.**

These may trigger seizures in some people. Some prescription drugs may trigger seizures. Please check with the prescribing doctor first before taking any new medications.

In the event of another seizure:

1. First Aid

- **Protect from injury** remove any hard objects that could cause injury.
- **Protect the head** if possible place something soft under head. Loosen any tight clothing around neck.
- **Do NOT place anything in mouth** or try to restrain jerking arms and legs.
- **Time the seizure**
- Gently roll you on your side (recovery position) when the seizure is finished.
- This will help to keep airway clear.
- Remain with you until regain consciousness.
- If needed, call for an ambulance particularly if the seizures are recurrent or prolonged (more than 5 minutes) or there is any associated significant head injury.

2. Follow-up:

If there is another seizure medical assessment will be necessary, either via your GP or the emergency department.

If you need any further information about seizures or epilepsy,

Contact the Epilepsy Clinical Nurse at **the State epilepsy service, SCGH**

Mon-Fri phone (08) 6457 3026 (answering service).

Alternatively, you can contact your local General Practitioner

INFORMATION ABOUT A RESEARCH PROJECT

If this was your **first-ever seizure** you will be referred to a first seizure clinic. As part of this process you will receive a telephone call, within 1-2 days of discharge from hospital, from a research doctor who will ask questions about the seizure and invite you to voluntarily participate in an optional observational research study.

If you are eligible for the study, and are willing to take part, we will phone you again after 1, 3, 6, 12 and 24 months to see if there have been any further seizures. *These follow-up calls will be part of the optional research project and separate from the normal tests that you may be asked to have as part of routine assessment of the first seizure.*