Epilepsy

People with epilepsy have times when they shake and jerk uncontrollably (*seizures*). This happens when there is a sudden change in brain function. Epilepsy may have many possible causes. Anything that disturbs the normal pattern of brain cell activity can lead to seizures.

HOME CARE

- Listen to your doctor about driving and safety during normal activities.
- Only take medicine as told by your doctor.
- Take blood tests as needed by your doctor.
- Tell the people you live and work with that you have seizures. Make sure they know how to help you. They should:
  - Cushion your head and body.
  - Turn you on your side.
  - Not restrain you.
  - Not place anything inside your mouth.
  - Call for local emergency medical help if there is any question about what has happened.
- Write down when your seizures happen and what you remember about each seizure. Write down anything you think may have caused the seizure to happen (*trigger*).
- Keep all follow-ups with your doctor. This is very important.

GET HELP IF:

- You get an infection or start to feel sick. You may have more seizures when you are sick.
- You are having seizures more often.
- Your seizure pattern is changing.

GET HELP RIGHT AWAY IF:

- A seizure does not stop after a few seconds or minutes.
- A seizure causes you to have trouble breathing.
- A seizure gives you a very bad headache.
- A seizure makes you unable to speak or use a part of your body.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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