
We advise you to show this leaflet to your family/friends in case you have another seizure/blackout.

You have been referred to the Neurology Department because you have had a seizure/blackout. We will be looking for reasons why this happened. To enable us to do this we will see you in an out-patient clinic to go through your medical history and carry out a physical examination.

Am I having further tests?

As part of your assessment we may need to carry out further tests as follows:-

- **Electrocardiogram (ECG)** – This is a tracing of the activity of your heart.
- **Electroencephalogram (EEG)** – This is a tracing of your brain activity.
- **Brain Scan (CT or MRI)** – This is to look at the structures within the brain.

When will I know the results?

We will either write to you and your GP, or give you another appointment when the results are ready.

What do I have to do in the mean time?

Until your appointment with the neurologist it is important that you:-

- Are not left on your own while bathing and cooking
- **Do not drive – this is a legal requirement**
- Do not drink alcohol excessively
- Eat regular meals
- Have adequate rest and sleep

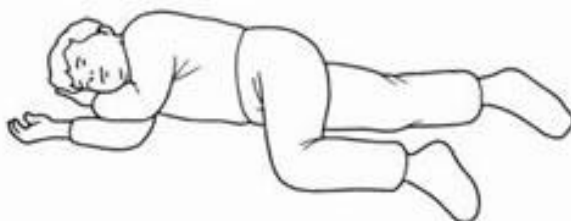
What shall I do if I have a further seizure/blackout before the appointment?

You must inform your GP if you have further seizures/blackouts. Keep a note of anything you feel may have triggered off these events. Ask anyone who saw the seizure/blackout to write down a detailed description of what happened before, during and after the event and bring it with you to your appointment, or even better, bring the witness with you.

What can my family and friends do to help me if I have a seizure?

If you are having a minor seizure such as a staring or wandering episode, someone needs to stay with you and if necessary guide you away from any danger. If you have a major seizure your friends and family need to do the following:-

- Move any sharp or dangerous objects out of the way
- **Do not** attempt to place anything in the mouth
- Do not restrict body movements, but cushion your head to prevent further injury
- Place you in the recovery position during or after the seizure and ensure your breathing is returning to normal
- Speak calmly and reassure you as you are recovering
- Time it and get medical help if the seizure movements continue for more than 5 minutes, or are occurring repeatedly without full recovery in between, or if you badly injure yourself or may have inhaled water.



The recovery position

When you attend the Neurology Clinic it is very important that someone who has seen your seizures comes with you if at all possible.

If you need further advice please contact your GP or our Epilepsy Specialist Nurse (Adults) on 01633 - 238528.

Further Information:-

- **Epilepsy Action** – Helpline **0808 8005050** www.epilepsy.org.uk
- **The National Society for Epilepsy** – Helpline **01494 601400**
www.epilepsynse.org.uk
- **Epilepsy Wales** – Helpline – **08457 413774** www.epilepsy-wales.co.uk