

**Information for Patients who have
had a first
seizure/blackout/unexplained loss
of consciousness**

Department of Neurology

**We advise you to show this leaflet to your family/friends in case
you have another seizure/blackout/unexplained loss of
consciousness**

You have been referred to the Neurology Department because you have had a seizure/blackout/unexplained loss of consciousness. We will be looking for reasons why this happened. To enable us to do this we will carry out an assessment either by phone, video consultation or face to face. If we feel that you need a neurological examination your appointment will be offered as a face to face consult.

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, call you, 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 alone whilst cooking
- **Do not bath, shower only**
- **Do not drive – this is a legal requirement**
- Do not drink alcohol excessively
- Avoid recreational drugs

- Eat regular meals
- Have adequate rest and sleep
- Consider your mood and wellbeing (Road to Wellbeing)
<https://abuhb.nhs.wales/coronavirus/mental-health-and-well-being/road-to-well-being1/>

What shall I do if I have a further seizure/blackout/unexplained loss of consciousness before the appointment?

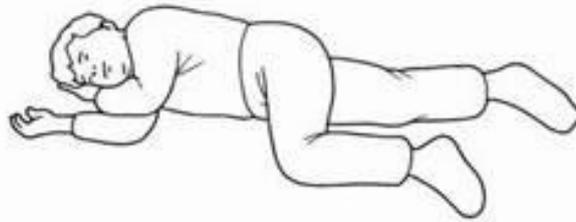
You must inform the adult epilepsy team (01633 238528) and GP if you have further seizures/blackouts/ unexplained loss of consciousness. Keep a note of anything you feel may have triggered off these events. Ask anyone who saw the seizure/blackout/unexplained loss of consciousness to write down a detailed 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. **In case you have further events ask your family/friends to try and video them on their phone.** Obtaining video footage of the events can be an excellent way to assist the doctor in determining your diagnosis more quickly. These can be emailed in advance to our secure email address adultepilepsyteam.abb@wales.nhs.uk. Please include your full name and date of birth in subject heading (this often helps speed up a diagnosis).

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. **Please try and capture this on video, or indeed any other unexplained behaviours or movements.** 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
- Provide jaw thrust manoeuvre/tilt head into 'sniffing position'
- E.g. <https://www.youtube.com/watch?v=bW5ZwBAbBTE>

- 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 our Epilepsy Specialist Nurse (Adults) on 01633 238528, or email adultepilepsyteam.abb@wales.nhs.uk

While you are waiting for your appointment please take the opportunity to look at these websites for further information.

Further Information:-

- Epilepsy Action** – Helpline **0808 800 5050** www.epilepsy.org.uk
- The Epilepsy Society** – Helpline **01494 601400** www.epilepsysociety.org.uk
- Epilepsy Wales** – Helpline – **0800 228 9016** www.epilepsy.wales

This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg".