

Patient Information after a possible seizure

Why are you being given this leaflet?

If your child presented with an event at home the doctors might have thought this was a seizure or an unexplained event that can sometimes look like a seizure. They now feel your child is fit to be discharged from hospital. The doctor assessing you has decided that you should be followed up in the first seizure clinic. The clinic appointment can take up to 12 weeks. If you have not heard by this timeframe or you have ongoing concerns before the appointment, please contact your GP directly.

In the time between discharge until being seen in clinic please try to capture a video of any further concerning events. Videos are extremely helpful and you should show these to the doctor in your 1st seizure appointment.

What is a seizure?

A seizure is a burst of electrical energy in the brain that temporarily affects how it works. In many cases it is not clear why this happens. Seizures can affect people in different ways.

Does this mean by child has epilepsy?

No it does not mean this. Epilepsy is a tendency to have seizures. One seizure does not mean your child has epilepsy.

What to expect at clinic

Not all children referred to the 1st seizure clinic will be thought to have had a seizure after assessment. This means your child may not need any further tests. There is no single test that can confirm seizures.

What to do if your child has another event / seizure

It can be frightening to see your child having a seizure. Here is some advice on what to do if it happens

What to do during a seizure

1. Lie your child on their side and make sure they are in no immediate danger as per the picture.
2. Stay with your child.
3. Try to record how long the episode lasts.
4. Do not put anything in your child's mouth.
5. **Dial 999 and call an ambulance if the seizure lasts more than 5 minutes with no signs of stopping or if your child is having breathing difficulties, or if you are concerned.**
6. Take note of what happened leading up to, during and at the end of the event.
7. If you can take a video of the episode
8. Children can remain sleepy after a seizure. If your child has not recovered within 1 hour please present to medical services.



General Safety advice / tips:

Having seizures during certain events can sometimes put children at risk of harm.

Bathing / Toileting advice:

- Having a shower instead of a bath or ensure supervised while bathing
- Don't lock the bathroom door

Sports / activities:

Your child can still take part in sports and other leisure activities but there are some precautions you might need to take.

- When swimming inform the supervising adult and lifeguard your child has had a seizure in the past
- Wear a helmet with cycling or horse riding and avoid busy roads

Contact Information

If your child has another event or you would like further advice or help please contact the epilepsy nurses at the RHC on 0141 452 4703.

Useful Resources for Possible Seizures or Unexplained Events

NHS Conditions- epilepsy. <https://www.nhs.uk/conditions/epilepsy/>

Epilepsy Scotland. <https://www.epilepsyscotland.org.uk/>