

If you require further information, please contact:

The Children and Young Person's Epilepsy Team

Telephone: **01438 288382 / 288383**

E-mail: paediatricpilepsyservice.enh-tr@nhs.net

Additional Information

- Please contact your GP, school nurse or health visitor.
- Epilepsy Action - www.epilepsy.org.uk

References

The information in this leaflet was taken from www.nice.org.uk

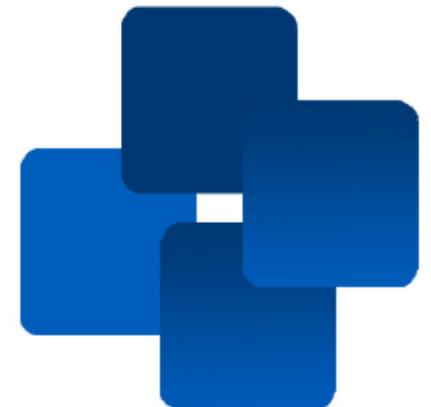
**Epilepsy Service
for
Children and Young People**

First Seizure

Patient Information Leaflet

www.enherts-tr.nhs.uk

You can request this
information in a different
format or another language.



Introduction

Watching your child have a seizure is a very frightening experience. You may even think that your child is dying. However, seizures are not as serious as they look.

What is a seizure?

A seizure is a disturbance of electrical activity in the brain that causes messages to become mixed up. There are different sorts of seizures which are sometimes called 'fits' or 'convulsions'. Often children become unconscious and are not able to respond to you. They may fall and there can be jerking of the limbs.

Is it epilepsy?

A single seizure does not mean your child has epilepsy – this may be the only seizure that your child ever has. If your child has more seizures they may require further investigation and/or treatment.

What should I do if my child has another seizure where they are unconscious and jerking?

Do

- keep calm and assess the situation.
- note the time – how long did the seizure last?
- move objects that may cause injury.
- put something soft under the head.
- turn the child on their side as soon as possible after the seizure.
- stay with the child.

Do not

- panic.
- move the child unless in danger.
- restrict the child's movements.
- place anything in their mouth.
- give anything by mouth until fully recovered.

Call for an ambulance (999) if

- you are frightened or need help.
- the seizure continues for more than 5 minutes.
- one seizure follows another.
- the child is injured or you are concerned about their breathing.
- you believe they need medical attention.

If you have **not** called for an ambulance because the seizure is short lived, you will need to inform your GP or a health professional.

Should I tell other people?

It is a good idea to let other people know that your child has had a 'first seizure' i.e. family, friends, your child's school/playgroup, nursery or childminder. Perhaps you could also share this First Aid information with them.

Will my child be safe?

It is important to let your child take part in all their normal activities. However, you need to take extra care when thinking about bathing, swimming, cycling and cooking. Epilepsy Action has more advice and information at: www.epilepsy.org.uk/info/safety