



# First fit or seizure

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**You have been assessed in the Emergency Department and we think that you have had a fit or seizure. Following your assessment, we feel it is safe for you to be discharged home into the care of your family or friend/carer.**

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## What happens next?

You will be referred to the neurology department for an outpatient appointment in the First Seizure Clinic. The neurology department will triage the referral and you will receive an appointment. This will be either by telephone, video or face to face. We aim to see you within two weeks but sometimes waiting times can be longer. If you do not hear anything after two weeks, please contact the hospital – ring switchboard (0118 322 5111) and ask to speak to CAT 10.

A letter will be sent to your GP informing them of your attendance at the Emergency Department. It would be helpful if you could be accompanied to the outpatient appointment by someone who witnessed the fit or seizure. If they are unable to accompany you, please ask for a written description of the event. If it happened in a public place, please check if there is CCTV available prior to your appointment.

## Advice

- **You must not drive or operate dangerous machines** until you have seen the neurologist.
- Avoid potentially dangerous work or leisure activities, e.g. swimming, climbing ladders.
- Use the shower rather than the bath and only shower with supervision and always leave the bathroom / toilet door unlocked.
- Do not cycle on busy roads, and avoid consuming alcohol.

## First aid

The following checklist explains how to help someone having a seizure (fit) and what to avoid. Once a seizure starts, it will usually stop on its own.

### Do:

- Watch the seizure carefully and if possible let it run its natural course.
- Keep calm and note the time the seizure starts and how long it lasts.
- Try to video the seizure if it is safe to do this.
- Clear a space around the person.
- Cushion the person's head with whatever is available.
- Loosen any tight clothing round the neck and gently remove glasses if worn.
- Turn the person onto their side into the recovery position once the convulsions stop.
- Stay with the person, if possible, until any confusion passes.

### **Do not:**

- Do not move the person while the seizure is happening unless there is an immediate danger (e.g. in a busy road, at the top of stairs, in water, near a fire or hot radiator).
- Do not try to stop the muscles from jerking or try to restrain the person.
- Do not attempt to lift the person up.
- Do not put anything between the teeth or into the mouth.
- Do not give any medication while the seizure is happening.
- Do not offer the person something to drink during the seizure.

### **You should dial 999 if:**

- One seizure follows another without any recovery in between.
- The seizure lasts longer than five minutes or the person remains unconscious for a longer time than is usual.
- The seizure is a different type or pattern of seizure to what the person normally has.
- The person has been badly injured.
- You do not know the person's history.
- Or you are at all unsure.

### **Tell us your views**

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

You can also pick up a copy of the Trust leaflet called 'Patient Advice and Liaison Service (PALS)' which explains how you can raise concerns or give feedback on your experience at the hospital

### **Friends and Family Test**

Whatever your experience, you can give feedback by completing the Friends & Family test by going online [www.royalberkshire.nhs.uk/patients-and-visitors/friends-and-family-test/](http://www.royalberkshire.nhs.uk/patients-and-visitors/friends-and-family-test/) or using the link sent to you in an SMS text message.

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

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| <b>Please ask if you need this information in another language or format.</b> |
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RBFT Emergency Department, August 2025.

Next review due: August 2027.