

What happens after your first seizure?

You have been referred for an appointment in the neurology ‘First Seizure Clinic’ following an episode of loss of consciousness or possible seizure

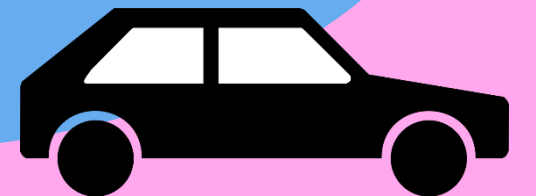
NICE guidelines recommend that you are seen by a specialist team within two weeks of a suspected first seizure - if you have not received an appointment within this time, please call 0118 322 5474 or email rbb-tr.cat10@nhs.net. You will be seen by a member of the neurology team, who will arrange further investigations, if necessary.

Safety advice

- Shower rather than bathe
- Don't lock the bathroom door
- Only shower when a responsible adult is home
- Avoid unsecured heights
- Avoid swimming, cycling, gym or high risk activities until you have spoken with a clinician
- Do a risk assessment before starting anything that might put you at risk if you passed out

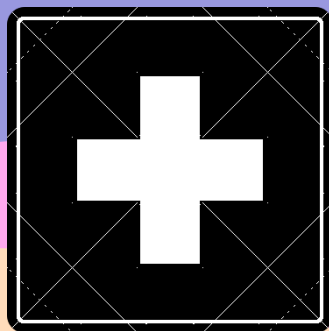
Driving

If you have experienced an episode of loss of consciousness or a suspected seizure, **YOU MUST NOT DRIVE**. We can give you more advice about driving safely at your appointment. Visit GOV.UK (www.gov.uk) for more information about driving and medical conditions.



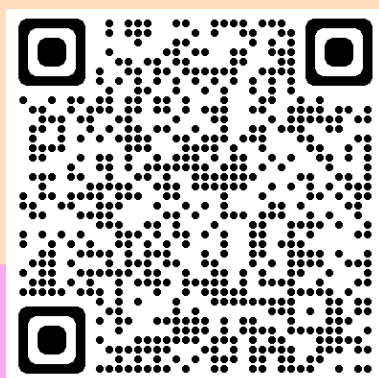
Information we need from you

- List of current medications / allergies
- Past medical history / family history
- Your recollection of the event
- Any video footage (if it happened in a public place like a supermarket, please check if they have CCTV)



Seizure First Aid

- If you experience a second event before your first appointment in the clinic, please inform your GP
- If you are concerned, call an ambulance (999)
- If the seizure is less than 5 minutes and you are not injured, you may wish to recover at home but you must inform a medical professional by contacting either your GP or 111 if out of hours
- If the seizure is longer than 5 minutes, you are injured, you have more than one seizure in 24 hours or are concerned in any way, call 999 for an ambulance.
- **Scan QR code for further first aid advice from Epilepsy Society**



Witness description

If someone witnessed your seizure or loss of consciousness, it would be really helpful if they could accompany you to the first appointment. If this is not possible, it would be helpful to obtain a written description from them to bring along. This should include:

- What were you doing before the event
- How did it begin?
- Did you cry out?
- Did they notice what parts of your body did during the episode? (e.g. arms or legs moving or twitching, face drooping to one side, chewing movement with the mouth, eyelids flickering, eyes rolling back, eyes open or shut, drooling, blood coming from the mouth, head turning to the left or right)
- If you collapsed to the ground and experienced shaking – did you shake all over or was it more one sided?
- How long did the shaking last?
- How long before you could respond / wake up?
- Did you seem confused afterwards?
- Did they notice anything else?

