

SEIZURE (Fits)

PATIENT & CARER INFORMATION LEAFLET

Please take the time to read this leaflet and keep it in a safe place



THE ATTENDING PARAMEDICS have assessed you following a seizure. Following your assessment it has been decided that you do not need to attend hospital at this time. All patients who have required emergency treatment or assessment following a seizure should inform their GP or Practice Nurse.

This information shall assist family or friends in knowing what to do if this happen again in the future.

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
- Clear a space around the person
- Protect the persons privacy as well as you can
- 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 as soon as the convulsions cease so that the mouth can drain of saliva, blood or vomit
- Be reassuring during the recovery period and tell the person about the seizure
- 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
- Do not fuss around the person during the recovery from the effects of the seizure

FOR INFORMATION, ADVICE AND EMOTIONAL SUPPORT

Epilepsy Scotland

Helpline: 0808 800 2200

Monday – Friday, 10.00am – 4.00pm. Thursday 10.00am – 6.00pm.

Text: 07786 209 501

Text messages are responded to within 24 hours

Website: www.epilepsyscotland.org.uk

epilepsy scotland
Scotland's voice for epilepsy

THERE IS NO NEED TO CALL A DOCTOR OR AN AMBULANCE UNLESS:

- This is the first time the person has had a seizure
- 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

If any of these situations occur, please ask someone to dial **999** so that a healthcare professional or ambulance response can be called while you stay with the person.

WHO TO CONTACT

999

In an emergency dial 999 or 112 and ask the operator for an ambulance response if anyone:

- Passes out
- Becomes very confused
- Has clear fluid / blood coming out of their ears or nose

Always call an ambulance if you think your illness or injury is life threatening. If you are at all unsure, call 999.

Your Doctor

During normal surgery hours contact your doctor.

NHS24

When your GP practice is closed and you can't wait until it opens call NHS24 on 08454 24 24 24. When you need reliable information about illnesses and conditions, NHS Services and current health issues call 0800 22 44 88 or visit www.NHS24.com

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YOUR VIEWS ARE IMPORTANT TO US

Let us know how we can improve the service.

We need you to tell us about your experiences, good or bad, and how you would like to see our services improved.

Have an opinion or suggestion? Let us know...

Tel: 0131 4467000

Fax: 0131 4467001

Email: scotamb.corporateaffairs@nhs.net

Write to: Scottish Ambulance Service, Corporate Affairs Manager,
Tipperlinn Road, Edinburgh EH10 5UU

This leaflet can be made available in other languages and formats on request. On occasions a summary will be provided. Please contact the corporate affairs team via email or the telephone number above who will then deal with your request.

To download a copy of this leaflet visit:
www.scottishambulance.com

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