



Brainwave The Irish Epilepsy Association
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Epilepsy Checklist

This checklist is designed to assist you in getting the information and support you require from your GP and from other members of the health care team and support staff.

The Diagnosis - Are you clear about...

- * the diagnosis of epilepsy?
- * what epilepsy is?
- * what your own seizures are like?
- * what your own seizures are called?

Lifestyle - Have you had guidance on...

- * leading a full and active life?
- * adopting a moderate approach to alcohol?
- * having regular and sufficient sleep?
- * safety in the home? (e.g. fires/radiators, bathing/showering, stairs, pillows, cookers, locked doors etc.)
- * safety/risk for sport and recreation (e.g. swimming, cycling, riding etc.)
- * implications of epilepsy (e.g. for *relationships and parenthood)
- * safety issues regarding mortality and SUDEP prevention

The Medication - Do you know...

- * the purpose of the medication?
- * the importance of compliance?
- * about possible side-effects?
- * about drug interactions? (e.g. anti-epileptic medication and oral contraceptives)
- * that the medication is free?

What to do if...

- * a dose is missed?
- * vomiting occurs?
- * a trip abroad is planned?

Ongoing Dialogue - Have you had the opportunity to....

- * return with questions?
- * keep a record of seizures?
- * report changes in seizure pattern and general health to your GP
- * discuss how best to manage your epilepsy? * discuss possible self-control of seizure techniques?

Basic Information - Have you had....

- * a basic information booklet?
- * a chance to see an epilepsy video?
- * first aid instruction/demonstration
- * information on legal restrictions for driving and certain jobs

Further Help - Are you aware....

- * that further support and information can be obtained from

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