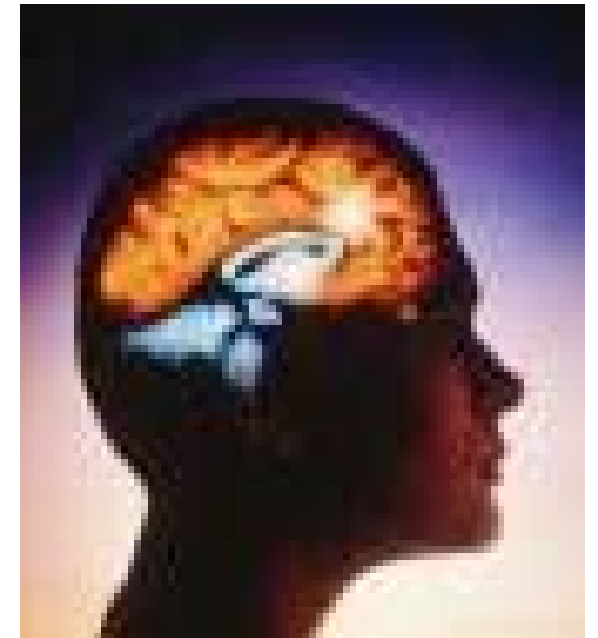


Neurosciences department

Seizures following traumatic brain injury



Why have I had a seizure?

Following your head injury, you were witnessed to have a seizure (fit) or were felt to be a high risk of having a seizure.

Will I always have seizures?

When the brain is injured, messages either can't get through or they are interrupted. When the injury has settled down and any loose blood reabsorbed, your brain may stop being irritated and you may never have another seizure. For some people, their brain remains irritated and they continue to have seizures. If you suffer more than one seizure, you will then be considered to have a condition known as epilepsy.

How will I know?

You will be discharged with anti-epileptic medication and an out patient appointment will be posted to you to see Mr Hutchinson in clinic at about three months. Using a diary or note book, keep a record of:

- Any seizures you have
- The date and time of the seizure
- How long they last
- A description of what happens
- If the seizure stopped on it's own
- If you forgot to take your medication
- If you were unwell

Inform your GP

Please bring the record of your seizures with you to your outpatient clinic appointment. With this information, Mr Hutchinson will be able to decide if you still are at risk of seizures and if you still need to carry on taking medication.

What will happen if he thinks I will still have seizures?

You will need to stay on medication and will be referred to the epilepsy specialist team.

Is there anything I can't do with epilepsy?

Because of your head injury and seizures, you must contact the DVLA (Driving and vehicle licensing agency); the details are on the back of your driving licence. Until they have decided if it would be safe for you to drive, **you may not drive**. This includes train and pilot licenses

Is there anything else I shouldn't do?

You can drink alcohol in moderation. You may find because of your head injury you feel the effects of alcohol more quickly, particularly with your balance. A couple of drinks at a time is OK, more could put you at risk of falling and hitting your head again. As long as you have adequate supervision from someone with the knowledge and skills to manage epilepsy, it is safe to participate in sports as long as your head injury allows.

Should I have alterations made to my home?

Unless there is an obvious threat to your safety, making costly alterations at this stage is unnecessary.

Simple precautions such as taking a shower rather than a bath should be sufficient at this stage

Will having epilepsy affect my job?

If you operate HGV (Heavy Goods Vehicle), PGV, have a pilot's license, drive a train or are in the navy, you will need to discuss your fits with your employer. The contacts overleaf should provide you with more details on other types of employment that may be affected.

Is this dangerous?

If the seizures are uncontrolled, it could be. That is why your consultant has prescribed medications to control the seizures. As long as you continue to take it, you should be safe

What medication will I be on?

There are several different medicines used to control seizures. The most common ones are Phenytoin, Carbamazepine and Sodium Valporate

How do I know if the medicine is working?

Complete control of your seizures is an indication that your medication is working. That is why you need to keep a record of your seizures and inform your GP if you are still having them despite taking your prescribed medication regularly

Does the medicine have side effects?

Like all medicines, antiepileptic medication do have side effects but most of them are short lived and tend to wear off in the first two to three weeks of taking them. With your supply of medicines, you will receive an information leaflet with details about the tablets you will be taking.

How can I find out more about epilepsy?

Epilepsy Specialist Nurse Practitioner, Addenbrooke's Hospital:
Erica Chisanga
01223 217 992

The National Society for Epilepsy

<http://www.e-epilepsy.org.uk/>

tel:01494 601300

Epilepsy action

www.epilepsy.org.uk

08088005050

This document is also available in other languages, large print and audio format upon request – 01223 216032

本文件也可應要求，製作成其他語文或特大字體版本，也可製作成錄音帶。

Cantonese

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

Gujarati

A richiesta questo documento è anche disponibile in altre lingue, a caratteri grandi e in formato audio.

Italian

ئەم بەلگەيە ھەر ھەروەھا بە زمانەکانی کە، بە چاپی درشت و بە شریتی تەسجیل دەس دەکەوێت

Kurdish

درخواست پر یہ دستاویز دیگر زبانوں میں، بڑے حروف کی چھپائی اور سننے والے ذرائع پر بھی میسر ہے۔

Urdu

Author Liz Corteen
Department Neurosciences department, Addenbrooke's Hospital,
Cambridge University Hospitals NHS Foundation
Trust, Hills Road, Cambridge, CB2 2QQ
www.addenbrookes.org.uk

Contact Number 01223 245151
Publication Date March 2006
Review Date March 2008
Filename Seizures_following_traum_brain.doc
Version Number 1
Reference PIN 1024