



This leaflet has been checked by the Learning Disability Checkers Group

Learning Disability Service

Epilepsy: staying safe



Easy read information leaflet for service users
Sudden Unexpected Death in Epilepsy (SUDEP)



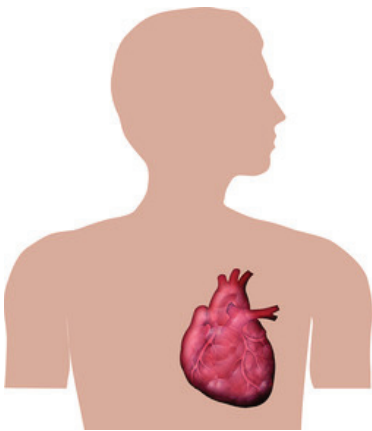
Some people will need someone to support them to go through this information so that they understand it.

This person may be a member of staff, a family member or a friend.

Epilepsy: staying safe



Sometimes when you have a fit (seizure) things can go wrong.



When you have a fit (seizure), your heart beat or breathing might slow down or stop.



You could be very ill or even die. This is called SUDEP.



If you have epilepsy, there are things you can do to help.



Things you should do



Eat well.



Sleep well.



Take your tablets at the right time.



Keep up appointments with your doctor or nurse.



Keep a fit (seizure) diary - this is a record of your fits (seizures) so that you can show this to your doctor or nurse.



Have a carer to look after you at night to check for fits (seizures).
Use a bed sensor or alarm at night so carers will know when you are having a fit (seizure).



Things you should try not to do



Don't drink alcohol.



Don't take illegal drugs like cannabis.

Remember, you must



keep taking your medication until your doctor tells you to stop.

More information

We have a leaflet called 'Epilepsy: Staying safe' for carers too.

Please ask for a copy from your doctor or nurse.

You can look at these websites:

www.sudep.org

www.sudepaware.com



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