NEUROLOGY GROUP of BERGEN COUNTY

INSTRUCTIONS FOR PATIENTS WITH SEIZURE DISORDER

Your doctor has diagnosed that you have a seizure disorder or epilepsy. While this diagnosis may be upsetting, it is comforting to know that most patients with epilepsy enjoy careers, families, and leisure activities just like everyone else. There are, however, certain practicalities:

1. Medication is necessary to control seizures. Do not forget to take it. If you believe it is causing side effects, please call us. Do not stop or change dose of medication on your own.

2. Whenever you take a new drug (prescription or over the counter) ask the prescribing doctor or pharmacist to be sure it will not interact adversely with the antiseizure medication you are already taking.

3. Women of childbearing age: antiseizure medication may interact with birth control pills or affect an unborn fetus. Birth control pills may interact with certain antiseizure medications as well. Please ask us for information about this.

4. Seizures may be triggered by lack of sleep, alcohol consumption, or by use of nonprescription/illegal drugs. Please do not use alcohol or drugs not prescribed by your doctor.

5. Do not work at heights. Do not work around dangerous machinery.

6. Take showers, not baths. In rare instances seizure patients have drowned in bathtubs. Be sure your shower door is made of shatter-proof material.

7. Do not swim alone. A dedicated observer should be present.

8. If you drive, please report any seizures to us. It is most important that we maintain seizure control so that you may continue to drive safely. Seizures that are not controlled by medications need to be reported to the New Jersey Division of Motor Vehicles.

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