



Information for patients, relatives and carers

Epilepsy

Epilepsy: General Information

- It is important to take your medication regularly and never stop suddenly.
- Inform your Specialist Epilepsy Nurse that you have attended the Emergency Department following a seizure.
- Avoid things which can make seizures more likely:
 - Excessive drinking
 - Getting overtired or stressed
 - Illegal drugs
- If you have not already done so, and you drive, you are required by law to inform the DVLA that you have had a seizure and must not drive for 12 months unless stated otherwise by the DVLA.

General Safety refrain from

- Working on ladders or in other high places
- Locking the WC or toilet at home
- Operating machinery
- Taking a bath (showers are safer)
- Swimming alone

First aid during a seizure

Seizures can be allowed to run their natural course. They usually last only a few minutes and the person will recover spontaneously so will not need to go to hospital.

DO:

- Cushion their head
- Remove sharp or hard objects from near the person
- Move the patient if they are in danger

DO NOT:

- Restrict their movements
- Put anything in their mouth or between the teeth
- Leave before they are fully recovered

When the seizure stops, lay the patient in the recovery position. Recovery times vary from a few seconds to several hours.

Call an ambulance (999) if:

- Seizure lasts more than five minutes
- There is an injury
- There are two or more fits
- It is a prolonged recovery

① If you have further concerns about your condition, please contact your GP. If you are not sure what to do, call 111 or get help from 111 online: <https://111.nhs.uk/> [When to use NHS 111 online or call 111 - NHS](#) (www.nhs.uk)

Patient Advice and Liaison Service (PALS)

We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.PatientExperienceTeam@nhs.net. An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you require this information in a different language or format, for example Braille, large print, Easy Read or audio, please ask the staff who are looking after you.

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