

## **First Seizure Information Leaflet**

We think that you have had a seizure that requires further investigation and we have referred you to the specialist at the first seizure clinic at the Southern General Hospital.

We may arrange a brain scan for you as an outpatient. If so you will receive an appointment for this by post from the x-ray department before you receive the clinic appointment. If you get a scan then you can contact the Emergency Department secretaries on 0141 314 6775 a few days afterwards for the result.

There is a long waiting list for the clinic and it may be several weeks before an appointment is sent to you

Other names for seizure are epileptic fit, fit or convulsion.

### **What is a seizure?**

It is a sudden burst of electrical activity in the brain which causes a disruption of the usual messaging system. This may be seen as uncoordinated muscle twitching or a vacant period.

### **What causes it?**

Often the cause is unknown and in the majority of seizures, no cause is found.

### **Do I have epilepsy?**

It is common to have a single seizure in a lifetime which never goes on to become epilepsy (1 in 20 adults). Only 1 in 130 adults who have a first seizure are ever diagnosed with epilepsy. The specialist may have to perform an EEG to decide whether you have epilepsy.

## **What will I do if this happens again?**

It is a good idea to inform a close friend, family member or colleague so that you can give them advice on what to do if this happens again. That is you should be put onto your side and a 999 ambulance called.

### **Important safety aspects**

When you have a seizure, you are unaware of your surroundings therefore it is important that you consider your own personal safety and of those around you.

#### Driving

It is against the law for you to drive for 6 months having been diagnosed with a first seizure and it is your responsibility to inform the DVLA. If you drive you risk the lives of yourself and others and your license and insurance are not valid.

#### Sporting activity

Be aware that it is possible for you to have another seizure before you are seen at the clinic so always take someone with you who knows what to do if this happens. Take usual safety precautions; helmets etc. Avoid swimming.

#### Alcohol and drugs

Both of these may make you more sensitive to having a seizure. So best avoided until after your clinic appointment.

#### Lights

A small number of people find that strobe or flashing lights bring on their seizures.



## ●ADVICE SHEET●

### **AFTER A FIRST SEIZURE**

#### **EMERGENCY DEPARTMENT**

**Royal Alexandra Hospital  
Corsebar Rd  
Paisley  
Renfrewshire  
PA2 9PN  
Telephone: 0141 314 7294**