



# Seizure (fit)

You came to the emergency department after a seizure, also called a fit. The doctor examined you and did any tests that were needed. You have recovered well enough to go home. This sheet explains how to stay safe and what your family should do if it happens again.

## What is it?

A seizure happens when there is a sudden burst of electrical activity in the brain. It can cause shaking, stiffness, staring, or losing consciousness. Afterwards, people often feel tired, confused or sore. Causes include epilepsy, lack of sleep, alcohol, some medicines, low blood sugar or a high fever. Sometimes no cause is found, and many people never have another seizure.

## Looking after yourself at home

- Have an adult stay with you for the first 24 hours.
- Do not drive until your doctor says it is safe. There are legal rules about driving after a seizure.
- Until your doctor says otherwise, do not swim alone, climb heights, or use dangerous machines. Take showers instead of baths.
- Get enough sleep, avoid alcohol and recreational drugs, and eat regular meals.
- If you have epilepsy, take your seizure medicine every day. Do not stop it suddenly.
- If you have another seizure, others should lay you on your side, move sharp objects away, and never put anything in your mouth.

## Medicines

- If you were given seizure medicine, take it exactly as your doctor told you, at the same times each day.
- Ask a pharmacist before starting any new medicine, as some can interact with seizure medicines.

## Follow-up

- See your family doctor or health centre within one week.
- If this was your first seizure, you should be seen by a specialist clinic. Go to any appointment or scan that is booked for you.

## Come back to the emergency department or call an ambulance straight away if:

- A seizure that lasts more than 5 minutes
- One seizure after another, without waking up fully in between
- Not waking up normally within an hour after a seizure
- Difficulty breathing, or blue lips, after the shaking has stopped
- A serious injury, especially to the head, during a seizure
- A severe headache, fever with a stiff neck, or new weakness or trouble speaking
- Another seizure, if this was your first one



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This leaflet is general information to support the advice your doctor or nurse gave you today. It does not replace their advice. If you are worried, seek medical help.

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