

Seizure Resource Guide

March 2022

What to do if you have to leave your home?

- Take as much medication as you can with you
- Consider making/wearing a medical bracelet or carrying an epilepsy ID card / information card
 - Can be handwritten
 - Include diagnosis of epilepsy/seizure disorder, and name and dose of medication(s)
 - Keep it with your identification document
- Have a list of your medications with their doses with you
- Have a seizure rescue plan and/or seizure rescue medication with you, if available
- Have a name and contact number of your responsible physician / clinic

If someone has a seizure...

- Stay with them until the seizure ends and until they are fully awake
- Ease the person to the floor and turn them on their side if they are not awake or aware (this will help them breathe)
- Clear the area around of anything hard or sharp (this will prevent them from injuring themselves)
- Make sure their mouth is clear and open (do not put any objects or fingers in the mouth)
- Loosen tight clothes around neck, remove eyeglasses
- Put something small and soft under their head (like a folded jacket)
- If seizure lasts >5 minutes, administer seizure rescue medication if available or call 103 (see instructions below)
- After the seizure ends, help them sit in a safe place. Once they are alert and able to communicate, tell them what happened in very simple terms.
- Comfort them and speak calmly.
- Check to see if they are wearing a medical bracelet or have any other emergency information.
- Keep yourself and other people calm.

Never do any of the following things during a seizure...

- Do not hold the person down or try to stop his or her movements.
- Do not put anything in the person's mouth. This can injure teeth or the jaw. A person having a seizure cannot swallow his or her tongue.

- Observe breathing after the seizure. People usually start breathing again on their own after a seizure.
- Do not offer the person water or food until they are fully alert.

Rescue plan: If seizure lasts longer than 5 minutes, or if the person has another seizure soon after the first one...

- Call emergency services (103 - Ukraine) if possible, especially in the following situations:
 - Seizure >5 minutes
 - Person does not return to their usual state
 - Person is injured, pregnant or sick
 - Repeated seizures (if not typical for the person)
 - First-time seizure
 - Difficulty breathing
 - Seizure occurs in water
- Follow individual rescue plan (if available) **Can give patient ONE of the rescue medications*
 - Standard Pediatric or Adult dosing: Diazepam OR Lorazepam

Standard Rescue medication doses by weight (round to nearest dose available)

Diazepam (max dose 20 mg)			Lorazepam (max dose 4mg)
2 -5 years	6-11 years	12+ years	(All ages)
0.5mg/kg (max dose 20 mg)	0.3mg/kg (max dose 20 mg)	0.2mg/kg (max dose 20 mg)	0.1mg/kg (max dose 4mg)

Minimize seizure triggers when possible by avoiding sleep deprivation, missing anti-seizure medications, infection/fever, alcohol and recreational drugs.

How to cover with benzodiazepines (bridge): If your medications are not available and will not be available for the foreseeable future, you may potentially replace them temporarily with:

- For children: Lorazepam 0.1 mg/kg/day in divided three times per day dosing (or equivalent- see benzodiazepine conversion table below, e.g., a 15kg child would take 0.5mg three times per day)
- For adults: Lorazepam 1mg three times per day (or equivalent, see below)

Oral benzodiazepine conversions (equivalent dosing to 10 mg of oral diazepam)

Alprazolam	0.5 mg
Clobazam	20 mg
Clonazepam	0.5 mg
Lorazepam	1 mg
Diazepam	10 mg

If you missed a medication dose:

- If you are supposed to take your medicine just once a day, take the pill(s) as soon as you remember. If you don't remember until it's time for the next day's dose, just take your usual dose. Don't double up and take two day's worth of medicine at the same time unless instructed by your doctor.
- If you take your medicine two to four times each day, take the missed dose as soon as you remember it. Then space out the rest of your medicine that day so you can get all of your medicines on that day. However, if you have been having more seizures that day, call your doctor or nurse. They may ask you to make up the missed dose in another way, for example taking two doses closer together than usual.

How to store your epilepsy medicine (ideal, and feasible)

- For medicines that are tablets or pills - store them at room temperature away from moisture and light
- For liquid medicines - store them in the original container at room temperature and avoid freezing.
- If a liquid medicine was specially prepared (compounded) for you by a pharmacist, please ask your doctor or pharmacist about how these medicines should be stored because these may need to be refrigerated.

Useful phone numbers / contacts:

- Your neurologist / clinic

Seizures and pregnancy: If you become pregnant and are on seizure medications, please try to seek medical support as some medications can have effects on a developing fetus and should be discussed on a case-by-case basis with a medical provider.

Dietary therapies: If you are on the ketogenic diet, try to maintain a high fat / low carbohydrate diet and adequate hydration. If you go to a hospital, remind them you are on the ketogenic diet (no IV dextrose solutions to be given)

- If possible, monitor ketones and blood sugar
- If high ketones OR if blood sugar low (<2.5 mmol/L) OR feeling unwell: have juice (if borderline: 7 mL orange juice / 5 mL apple juice; if very high (dark purple ketostix before 15 seconds / multistix 40 seconds) 15 mL orange juice / 10 mL apple juice)
- If vomiting, take ½ strength pedialyte if possible