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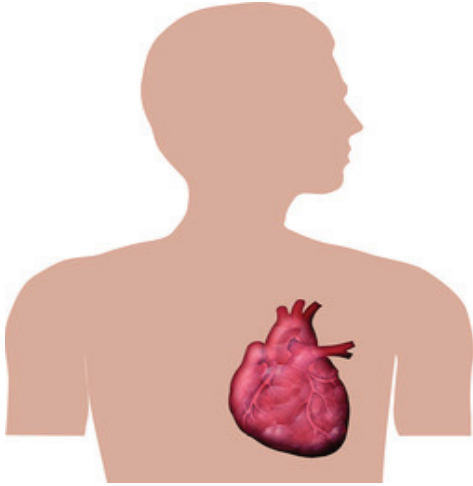
Learning Disability Service

Epilepsy: staying safe

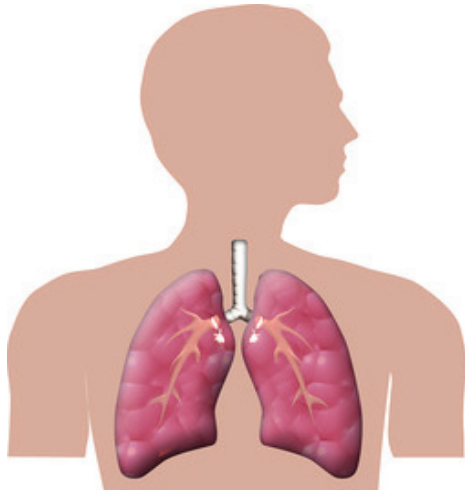


Easy read information leaflet for carers
Sudden Unexpected Death in Epilepsy (SUDEP)

What can go wrong?



- Sometimes during a seizure there may be problems with breathing or heart rhythm.



- This can lead to someone becoming very unwell, or even dying.



- This is called SUDEP, which stands for Sudden Unexpected Death in Epilepsy.

- It accounts for a significant number of epilepsy related deaths.

What makes SUDEP more likely?



- Not taking enough of epilepsy medication or not taking it at all.

- Taking some medications for mental health problems with epilepsy tablets.



- Having night time or early morning seizures.

- Having frequent seizures.

- Having seizures from a young age.

- Seizures that don't respond to medication.

- Having a learning disability.

- Too many changes to medication.



How to help reduce the chance of SUDEP



Help service users by supporting them to:

- Avoid alcohol
- Avoid drugs which are not prescribed or illegal, like cannabis
- Avoid stress
- Eat and sleep well
- Take tablets regularly
- Never stop their tablets without discussing it with the doctor
- Keep up with their appointments with the doctor and nurse
- Keep a seizure diary (record of seizures)
- Monitor night time and early morning seizures closely



SEIZURE PROTOCOL



- Use bed sensors and monitor alarms in their bedroom to make you aware of night time seizures or seizures when they are alone
- Ask their doctor for a copy of their Epilepsy Care Plan
- Ask their doctor to give you a plan for what to do during seizures (known as protocol)
- Keep this somewhere easy to find so you can follow the plan
- Make sure everyone involved with the service user knows they have epilepsy and what the seizure protocol is
- Ask their nurse or doctor if there are any leaflets or training courses on epilepsy that you could go on to know more about epilepsy and treatment

For more information see:

www.sudep.org

www.sudepaware.com



Pictures taken from Photosymbols Online www.photosymbols.com

Notes

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

If you need this information in another language or format please telephone 0116 295 0994 or email: Patient.Information@leicspart.nhs.uk

Arabic

إذا كنت في حاجة إلى قراءة هذه المعلومات بلغة أخرى أو بتنسيق مختلف، يرجى الاتصال بهاتف رقم 0116 295 0994 أو إرسال بريد إلكتروني إلى: Patient.Information@leicspart.nhs.uk

Bengali

যদি এই তথ্য অন্য কোন ভাষায় বা ফরমেটে আপনার দরকার হয় তাহলে দয়া করে 0116 295 0994 নম্বরে ফোন করুন বা Patient.Information@leicspart.nhs.uk ঠিকানায় ই-মেইল করুন।

Traditional Chinese

如果您需要將本資訊翻譯為其他語言或用其他格式顯示，請致電 0116 295 0994 或發電子郵件至：Patient.Information@leicspart.nhs.uk

Gujarati

જો તમારે આ માહિતી અન્ય ભાષા અથવા ફોર્મેટમાં જોઈતી હોય તો 0116 295 0994 પર ટેલિફોન કરો અથવા Patient.Information@leicspart.nhs.uk પર ઇમેઇલ કરો.

Hindi

अगर आप यह जानकारी किसी अन्य भाषा या प्रारूप में चाहते हैं तो कृपया 0116 295 0994 पर हमें फोन करें या Patient.Information@leicspart.nhs.uk पर हमें ईमेल करें

Polish

Jeżeli są Państwo zainteresowani otrzymaniem niniejszych informacji w innym języku lub formie, prosimy skontaktować się z nami telefonicznie pod numerem 0116 295 0994 lub za pośrednictwem poczty elektronicznej na adres: Patient.Information@leicspart.nhs.uk

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ 0116 295 0994 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ ਜਾਂ ਇੱਥੇ ਈਮੇਲ ਕਰੋ: Patient.Information@leicspart.nhs.uk

Somali

Haddii aad rabto in aad warbixintan ku hesho luqad ama nuskhad kale fadlan soo wac lambarka 0116 295 0994 ama email u dir: Patient.Information@leicspart.nhs.uk

Urdu

اگر آپ کو یہ معلومات کسی اور زبان یا صورت میں درکار ہوں تو براہ کرم اس ٹیلی فون نمبر 0116 295 0994 یا ای میل پر رابطہ کریں Patient.Information@leicspart.nhs.uk