



EPILEPSY EMERGENCY TREATMENT

There are many types of epileptic seizures. The most common of these are generalised absences and tonic clonic seizures.

Generalised absence

The person will momentarily lose consciousness and will appear to be daydreaming or distracted. There is no first aid treatment needed. They will however need to be helped to catch up on what has been missed.

Tonic Clonic Seizures

During a tonic clonic seizure the person loses consciousness, the body stiffens, and then falls to the ground. This is followed by jerking movements. A blue tinge around the mouth is likely. This is due to irregular breathing. Loss of bladder and/or bowel control may occur. After a minute or two, the jerking movements should stop and conscious may slowly return.

Do:

- Protect the person from injury – (remove harmful objects from nearby)
- Cushion their head
- Look for an epilepsy identity card or identity jewellery
- Aid breathing by gently placing them in the recovery position once the seizure has finished
- Be calmly reassuring
- Stay with the person until recovery is complete

Do not:

- Restrain the person
- Act in a way that could frighten them, such as making abrupt movements or shouting at them
- Assume the person is aware of what is happening, or what has happened
- Give the person anything to eat or drink until they are fully recovered
- Attempt to bring them round

Call an ambulance if:

- You know it is the person's first seizure
- The seizure continues for more than five minutes
- One seizure follows the other without the person regaining conscious between them
- The person is injured during the seizure
- You believe the person needs urgent medical attention