Seizure Precautions
HOME CARE INSTRUCTIONS
DEPARTMENT OF TRAUMA

A seizure may happen at any time, in any place, even while a person is taking anti-seizure medicine. There may or may not be a warning that a seizure is about to happen. People may lose awareness of their surroundings during a seizure.

**During a seizure**
- Turn the person onto his side.
- Remove hard or sharp objects from the area.
- Loosen tight clothing such as a collar or a belt.
- Place something soft and flat under the head.
- Never force anything into the person's mouth, especially your fingers.
- Ask on-lookers to leave the area.
- If you suspect the person has inhaled his own vomit, call a doctor immediately.

**After a seizure**
- Allow the person to lie quietly. As they awaken, gently call them by name and explain what happened and where they are.
- It is not cause for alarm if the person urinates or has a bowel movement during or after the seizure.
- If the person has an injury, such as heavy bleeding from the tongue, call an ambulance.
- Write down an accurate description of the seizure as soon as possible. The doctor may want to know how long the seizure lasted and what the person was doing immediately before, during, and after the seizure.

**Things that might cause a seizure**
- Stressful situations
- Hyperventilation
- Fever
- Low blood sugar
- Drinking alcohol
- Loud noises
- Constipation
- Menstruation
- Caffeine
- Flashing lights
- Lack of sleep
- Drinking a lot of water
- Fatigue

A person with a seizure disorder should remember to...
• Take seizure medicine (anticonvulsant) as prescribed by a doctor
• Avoid activities that require being alert such as operating equipment that could cause injury
• Drive only after a doctor says it is safe
• Wear an I.D. bracelet or necklace at all times
• Check with a doctor before stopping or changing any medicine

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For more information
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