



Suspected first seizure/fit

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at rduh.pals-northern@nhs.net.

This leaflet has been given to you because you have had a suspected seizure or fit, and are now safe to go home with a responsible adult. We understand that this is an uncertain time and this leaflet aims to answer some of your questions.

You will receive an appointment to see a seizure specialist called a neurologist within the next two weeks to talk about what happened. If you have not heard about an appointment within two weeks or need to rearrange your appointment, please contact this number: **01271 311585**.

It is very important you attend this clinic to help you get the right diagnosis and treatment.

You may like to jot down some questions that you would like to ask to help you get the most out of your visit. There is space in this leaflet for notes.

What is a seizure/fit?

A seizure or fit occurs when there is abnormal electrical activity in the brain which causes a person to pass out and / or experience involuntary muscle spasms, called convulsions.

This usually only lasts a few seconds or minutes.

Seizures are very common and approximately 8 – 10% of people will experience one in their lifetime. If you have had one seizure, there is a 40% chance you will have a second one and for most people this happens within a year of the first seizure.

What causes seizures?

There are many different causes for seizures and episodes which look like seizures – one of which is epilepsy.

At this stage we do not know the cause for your suspected seizure and you do not have a diagnosis of epilepsy. Your neurologist will talk things through with you and organise any extra tests needed to try to find out the cause.

What are the symptoms?

You are unlikely to be aware when you are about to have a seizure, although some people experience unusual sensations just before a seizure. These can include noticing an unusual smell or having a funny taste in your mouth.

After a seizure you may feel very tired and disorientated. Sometimes people can injure themselves during a seizure and you might notice bumps and bruises.

Are there any changes you need to make after a suspected seizure?

Try to avoid putting yourself in a situation where another seizure could be dangerous.

What will happen in clinic?

As you are unlikely to remember much about what happened during your seizure, it can be really helpful for your neurologist to talk to a family member or friend who witnessed it. If they are unable to attend the appointment, ask them if they can make some notes about what they saw using the pointers below.

What you were doing immediately before the episode

The length of time you were unconscious

If you had any shaking of your limbs

If you changed colour or went blue at any stage

How long it took you to wake up

What were you like immediately after coming round e.g. confused, back to normal straight away

You will already have had some blood tests and an ECG (heart tracing) done before you went home, which will have been checked by an experienced doctor. We will have let you know if anything was abnormal or required further action before you left.

If you haven't had a scan of your head, don't worry. Not everyone needs a head scan to investigate their suspected seizure. There are different ty

