

First Seizure Clinic Referral



We think it is possible that you have had an epileptic seizure (fit) to account for your recent symptoms. We are therefore referring you to a specialist for a further opinion regarding the diagnosis, investigations and treatment if necessary.

*You will be contacted by telephone to arrange your appointment in the next few days.
If you have not been contacted within 7 days, please telephone 0131 312 1552 between Monday-Friday 0900-1700.*

When you are contacted, they will book you an appointment in the next available First Seizure clinic and we recommend that you have a pen and piece of paper handy to note the date, time and venue of your appointment.

Clinics take place in the Department of Clinical Neurosciences at the Royal Infirmary of Edinburgh.

- If you would prefer a telephone consultation rather than come up to clinic, please advise the receptionist of this; they will note this and take your phone number. Please make sure you are available in a quiet place to take the call at the appointed time.
- If someone witnessed your collapse or funny turn, then please bring them with you to the clinic, or arrange for them to be contactable by phone, as the specialist may wish to speak to them.
- Please bring any prescription medications that you are taking with you, in their packaging, or a list of the medications and doses that you are taking.
- If you hold a driving licence, we advise that should you not drive until you have been seen in the clinic and this will be discussed further.

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INFORMATION FOR PEOPLE WHO HAVE HAD A SINGLE SEIZURE

This page contains some information relevant to people who have had their first ever seizure (aka convulsion or fit). A single seizure is not the same as epilepsy, which is only diagnosed after two or more unprovoked epileptic seizures. Seizures may be provoked by a number of things, including sleep deprivation, drugs or alcohol, or disturbances in blood chemistry. Your specialist will advise you whether your seizure was thought to be provoked or not.

Tests

Most people will require tests after a seizure, which may include blood tests, a heart tracing (ECG), a brain wave tracing (EEG) and a brain scan. Not all people will require all these tests, your specialist will advise.

Treatment

Usually, we do not recommend treatment after a single seizure, but there are occasional circumstances where this might be appropriate.

Driving

If you hold a UK driving licence (full or provisional), and have had a seizure (of any kind), you are legally obliged to inform the DVLA, and seek their guidance on your ability to drive; usually they will indicate that you must not drive until 6 months after your seizure. Further information is available from the DVLA:

<http://www.direct.gov.uk/>

Tel 0300 790 6806

email: eftd@dvla.gsi.gov.uk

What to do if you have another seizure

The risk of having a further seizure after the first one varies considerably, but overall is about 50% in the first year after your first seizure. If you have another seizure (or suspect you might have had), it is important that you inform your GP and/or specialist as this lead to changes in your treatment. First aid advice for carers is available at the websites listed below.

More information about seizures is available from:

EPILEPSY SCOTLAND


<http://www.epilepsyscotland.org.uk/>

Helpline: 0808 800 2200

EPILEPSY ACTION

<http://www.epilepsy.org.uk/>

0808 800 5050

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