Rescue medication (buccal midazolam (epistatus®)

Your doctor may have prescribed rescue medication following the first seizure. Unless otherwise stated this medicine should be used when your child has a seizure that lasts at least three to five minutes and is showing no sign of stopping.

It is given into the area between the cheek and the gum at the side of the mouth (buccal cavity) The cheek should then be massaged to help it absorb. This medicine should work within 5 minutes. An ambulance should be called if the seizure continues.

You should call for an ambulance if:

- the seizure goes on for more than 5 minutes.

- your child is having repeated seizures without fully recovering between them.

- your child has been injured during the seizure

- the seizure has occurred in water.

- you believe your child needs urgent medical attention.

What should I do if my child has a second seizure?

- Follow *first aid during a seizure*

- Write down as much information about the seizure as you can:

  -What was your child doing as the seizure began? was there any warning?

  -What was the first thing you noticed? what was the sequence of events?

  -Was there abnormal movements or stiffness and if so where?

  - Were your child's eyes open and did the pupils change?

  - Did your child go pale? drool? vomit? Or wet himself/herself?

  -How long did the seizure last and what happened afterwards?

- Inform your GP as soon as possible to arrange an appointment.

Patient/Parent Information Leaflet

A parents guide to caring for a child who has had a single afebrile seizure.

THE ADELAIDE & MEATH HOSPITAL, DUBLIN
INCORPORATING THE NATIONAL CHILDRENS HOSPITAL

Statement of Values

Respect - Caring - Openness - Partnership - Teamwork Fairness & Equality

What is a seizure?

A seizure occurs when there is a sudden burst of abnormal electrical activity within the brain. Seizures can take many forms including convulsive episodes where the body stiffens then jerks, staring spells or episodes of confusion. A single seizure does not mean your child has epilepsy.

Will my child have another seizure?

One in twenty people will have a single seizure in their lifetime. For those who go on to have recurrent seizures the risk is greatest in the first six months following their first seizure.

Safety issues

Because of the risk of being injured during a seizure the following safety issues should be followed for at least six months after the first seizure. A common sense approach to safety following a first seizure is necessary.

Bathing: Your child should be supervised when bathing. The bathroom door should not be locked. Showers are safer than baths.

Swimming: Your child should be supervised while swimming. You should tell the lifeguard or swimming coach that your child has had a seizure. A brightly colored swim hat is advisable to make it easier to see the child in the pool. Swimming in the sea is not recommended.

Cycling: Your child should avoid cycling on busy roads. A helmet should always be worn when cycling.

Activities involving heights: Heights are a potential danger for a child if he/she is at risk of having a seizure. Therefore activities such as climbing trees or rock climbing should be avoided.

Horse Riding: Children should be supervised when horse riding. A helmet should be worn at all times. Show jumping should be avoided.

First aid during a seizure

•Remain calm

•Ease your child to the floor if he/she is not already on the ground

•Remove any objects that may hurt your child.

• Make a note of the time if possible

•Place something soft under his/her head

•Do not restrain your child

•***Do not place anything in your child's mouth.***

•Place your child in the recovery position as soon as possible.

•If the seizure is continuing beyond 3- 5 minutes administer rescue treatment if prescribed. (See rescue medication section)

•If seizure persists call an ambulance.