



# CARE INSTRUCTIONS

KAISER PERMANENTE

## Seizure in Adults: After Your Visit

### Your Kaiser Permanente Care Instructions

Seizures result from abnormal patterns of electrical signals in the brain. Seizures are different from person to person. Some people have only slight shaking of a hand and do not pass out. Other people may pass out and have violent shaking of the whole body. Some people briefly lose touch with their surroundings and appear to stare into space. Although awake, they cannot respond normally, and afterwards may not remember what happened. Further testing may be necessary to identify the type and cause of the seizures.

A seizure may occur only once or it may be repeated. Taking medications as directed and following up with your doctor may help prevent recurrent seizures.

**Follow-up care is a key part of your treatment and safety.** Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

### How can you care for yourself at home?

- Take your medicines exactly as prescribed. Call your doctor if you think you are having a problem with your medicine.
- Do not drive a car, operate machinery, swim, climb ladders, or do any other activity that could be dangerous to you or others until your doctor says it is safe to do so.
- Be sure that anyone treating you for any health problem knows that you have had a seizure and what medicines you are taking for it.
- Identify and avoid things that may make you more likely to have a seizure, such as lack of sleep, alcohol or drug use, stress, or not eating.
- Make sure you go to your follow-up appointment.

## Seizure in Adults: After Your Visit (page 2)

### When should you call for help?

**Call 911** anytime you think you may need emergency care. For example, call if:

- You have another seizure and it lasts longer than 3 minutes.
- You have more than one seizure in 24 hours.
- You have new symptoms such as:
  - Numbness, tingling, or weakness on one side of your body or face.
  - Vision changes.
  - Trouble speaking or thinking clearly.

**Call your doctor now** or seek immediate medical care if:

- You have another seizure.

Watch closely for changes in your health, and be sure to contact your doctor if you have any problems.

### Where can you learn more?

Go to <http://www.kp.org>

Enter M769 in the search box to learn more about "**Seizure in Adults: After Your Visit**".

© 2006-2010 Healthwise, Incorporated. Care instructions adapted under license by Kaiser Permanente. This care instruction is for use with your licensed healthcare professional. If you have questions about a medical condition or this instruction, always ask your healthcare professional. Healthwise disclaims any warranty or liability for your use of this information.