**SEIZURE PRECAUTIONS**

Do not let your child climb anything higher than 10 feet such as rock climbing, climbing trees or monkey bars.

An adult must supervise the child at all times while swimming. The child should only swim with swimmers who are strong enough to rescue the child if a seizure occurs in the water. If the child has a seizure in water, he or she MUST be seen in the Emergency Room.

Keep water levels low in the bath tub and supervise your child while bathing to prevent drowning during a seizure.

If your child is old enough to shower alone, leave the door unlocked for a parent to assist if necessary. The child also can hang an “occupied” sign outside the door.

In the states of Kansas and Missouri, the child CANNOT drive unless it has been at least six months since his or her last altered mental status event. Use common sense regarding driving.

Reasonable precautions and restrictions need to be used for operating tractors and other heavy machinery, lifting weights and contact sports.

Smoking, alcohol and drugs are discouraged.

Female patients who are childbearing age need to be started on folic acid to help prevent potential congenital abnormalities to the fetus. If you are sexually active, or plan on becoming pregnant, let your physician know to adjust your seizure medication or change to a new medication if needed.

Use a curling iron with an automatic shut-off switch to prevent burns.

Close supervision should be used with cooking. Using a microwave oven is preferred but if an oven is used, use the back burners.

A helmet should always be worn while riding a bike, skateboarding or roller blading.

With the above precautions, children who have epilepsy should lead reasonably normal lives. There is no reason that people with epilepsy cannot participate in a majority of activities. Please call the Epilepsy Clinic at (913) 696-8950 if you have any questions or visit www.childrensmercy.org/epilepsy.