

Adult First Fit Discharge Advice



INFORMATION FOR PATIENTS

You have been assessed in the Emergency Department today following a period of altered consciousness which may have been a fit (seizure.) You are being discharged home because you are back to your normal self.

Fits can be caused by a lot of different reasons. Three out of five people who have a fit never have another one, and you do not necessarily have epilepsy. It is important for you to be followed up by a neurology specialist to investigate other causes of fits, and to decide if you need to take any medication.

You have therefore been referred to a First Fit clinic to see a neurology specialist who deals with problems in the brain and nervous system, including seizures.

WHAT HAPPENS NOW?

We may arrange a brain scan for you if required. This is not always necessary and we will discuss this with you. You may be asked to return the following day, or you may be sent an appointment to attend for your scan.

You will be contacted to attend an appointment at the First Fit clinic within 18 weeks.

ADVICE

Until you are seen in the First Fit clinic it is important that you avoid activities which could be dangerous for you or for others were you to have another episode of altered consciousness.

This includes:

- ❖ Working at heights – such as climbing ladders
- ❖ Operating dangerous machinery or driving (see below)
- ❖ Swimming or bathing alone – Do not lock yourself in the bathroom/WC
- ❖ Looking after young children

It is best to avoid alcohol if possible.

DRIVING

If you have had a first seizure you cannot drive for six months. If you have a UK drivers licence you must inform the Driver and Vehicle Licensing Agency (DVLA). If you do not, you may be fined. If you have more than one seizure, you may not be able to drive for longer.

Further information relating to driving with a medical problem is available from the DVLA:

- ❖ Telephone: 0300 790 6806
- ❖ Website: www.gov.uk and go to the Driving and Transport Section. You'll find information here about driving with medical conditions, blue badges and public transport. Medical conditions are listed alphabetically and you should read the convulsions and seizure information."

ADVICE FOR RELATIVES OR CARERS:

The majority of fits only last a very short time and will stop without any help or treatment. It is common to be sleepy or confused after a fit and this will get better gradually.

If you witness someone having a fit:

- ❖ Make sure the area around them is safe and give them space – do not try to restrain them
- ❖ Lay them on their side if they are not already
- ❖ Place a pillow under their head if possible
- ❖ Do not try to put anything in their mouth or give them anything to drink
- ❖ Try to time how long the episode lasts

WHEN TO GET HELP:

Phone 999 if:

- ❖ the person is not known to have seizures, or you don't know their medical history
- ❖ the seizure is lasting more than 5 minutes
- ❖ the person has injured themselves
- ❖ the person does not appear to be conscious after the episode or is taking much longer than usual to return to normal

Emergency Department Secretary

Hairmyres	01355 584728
Monklands	01698 752005
Wishaw	01698 366633

NHS Lanarkshire - for local services and the latest health news visit www.nhslanarkshire.scot.nhs.uk
NHS Lanarkshire General Enquiry Line: 0300 30 30 243

NHS inform - The national health information service for Scotland.
www.nhsinform.org
Tel No: 0800 22 44 88

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