

Living With Seizures: Your Safety Guide

Medical-Surgical · Neurology

A seizure is a sudden burst of electrical activity in the brain. Taking your medicine every day and teaching your family what to do keep you safer.

Take your seizure medicine

- Take it every day at the same times, even when you feel well.
- **Never stop it suddenly.** Stopping suddenly brings on seizures, even long ones.
- Ask your pharmacist before any new medicine or birth control.
- Planning a pregnancy? Talk with your provider first.

Avoid your triggers

- Missed doses, too little sleep, and alcohol bring on seizures.
- Stress, illness, and flashing lights trigger seizures in some people.
- Keep a seizure diary: date, time, how long, and what happened.

Stay safe every day

- Take showers, not baths. Never swim alone.
- Drive only when your state's law and your provider allow it.
- Avoid heights and power tools until your seizures are under control.
- Wear a medical ID.

First aid for your family

- Stay calm. Time the seizure.

- Move hard objects away. Put something soft under the head.
- Loosen anything tight around the neck.
- Turn the person onto one side.
- **Put nothing in the mouth. Do not hold the person down.**
- Stay until the person is fully awake.

Call your provider today if you have

- More seizures than usual, or seizures that look different
- Missed doses, or vomiting that keeps you from taking medicine
- Any new rash on a seizure medicine
- Sleepiness, dizziness, unsteady walking, or double vision

Call 911 or your local emergency number if you have

- A seizure that lasts more than 5 minutes
- Another seizure before the person wakes up
- Trouble breathing, an injury, or not waking up
- A first seizure, a seizure in water, or a seizure during pregnancy or with diabetes
- A blistering or peeling rash

This handout supports, not replaces, advice from your own nurse or doctor.

Online: nclxpath.com/patient-education/seizure-first-aid/patient

© 2026 NCLEXPace.