Remember, if you are worried about anything at all speak to your Doctor or Nurse.

You can look at our website: [www.sudep.org](http://www.sudep.org)

Pictures taken from Photosymbols Online [www.photosymbols.com](http://www.photosymbols.com)

This leaflet has been developed from information provided by the Leicestershire Partnership NHS Trust.

Please contact us for further information, details of helplines for people with epilepsy, and details of helplines that can help you improve or maintain your mental wellbeing:

- **Head Office:** 01235 772850
- **SUDEP Action Scotland:** 0131 516 7987
  - [www.sudep.org](http://www.sudep.org)
- **Support (direct line):** 01235 772852
  - [support@sudep.org](mailto:support@sudep.org)

SUDEP Action 2015. SUDEP Action & SUDEP Action Scotland are the working names of Epilepsy Bereaved. Registered charity 1050459 (England & Wales), SC045208 (Scotland).
You may need someone to support you to go through this information, to help you to understand it. This person could be someone from your family, a Carer or a friend.

Sometimes when you have a fit (seizure) things can go wrong.

You may want to use a medical alert bracelet which includes information about your care plan.

When you have a fit (seizure), your heart beat or breathing might slow down or stop.

You could be very ill. Sometimes people can die suddenly. This is called Sudden Unexpected Death in Epilepsy (SUDEP).

We don’t know why SUDEP happens, but we are trying to find out.

We do know what you can do to help keep yourself safe from SUDEP.
Things you should do

- Keep appointments with your Doctor or Nurse
- Keep taking your medication until your Doctor tells you to stop
- Tell your Doctor or Nurse if you often feel sad
- Have a Carer to look after you at night to check for fits (seizures)

Eat well

Sleep well

Take your tablets at the right time
Things you should do - continued

Have a seizure alarm at night so your Carers will know if you have a fit (seizure)

Keep a fit (seizure) diary - this is a record of your fits (seizures) so that you can show this to your Doctor or Nurse

Tell your friends you have epilepsy

Make sure you don’t do

Have a shower instead of a bath

Don’t drink too much alcohol

Don’t take illegal drugs
Remember, if you are worried about anything at all speak to your Doctor or Nurse.

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