



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  
[info@sudep.org](mailto:info@sudep.org)

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.ORG**

# SUDEP Action



## EPILEPSY - make your risks smaller

Easy read information for people with epilepsy

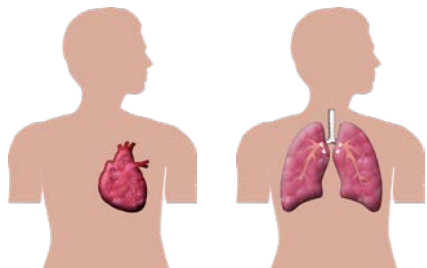
You may need someone to support you to go through this information, to help you to understand it. This person could be someone from your family, a Carer or a friend.



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

	<p>Eat well</p>
	<p>Sleep well</p>
	<p>Take your tablets at the right time</p>

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

## Things you should do - continued



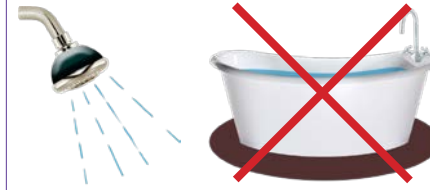
Have a seizure alarm at night so your Carers will know if you have a fit (seizure)



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



Have a shower instead of a bath

## Make sure you don't do



Don't drink too much alcohol



Don't take illegal drugs