




**Psssst!**

**Thinking about having a baby, but worried about your epilepsy?**

Get clear, personalised advice for you and your pregnancy. We will give you the facts about your epilepsy medication and help you plan so that you are in the best health possible.



**Just ask for a pre-pregnancy chat to know all the facts!**



Remember - **DON'T STOP** your medication unless you have agreed this with your specialist nurse or doctor as seizures can be harmful. Ask your GP for high dose folic acid **BEFORE** trying for a baby.



*Contact*

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*for more information*