



Psssst!

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

The good news is that most women with epilepsy will have a straightforward pregnancy and deliver a healthy baby.

- However, before trying for a baby, speak with a GP or epilepsy specialist to prepare you for the best outcome for your pregnancy.
- It is important to keep taking your epilepsy medication when trying for a baby and during pregnancy unless your doctor or nurse advises differently.
- You should take folic acid (usually 5mg daily) when trying for a baby and for at least the first 12 weeks of pregnancy.
- Women who do not smoke have fewer pregnancy complications and healthier babies. Lots of help and support are available to help you quit.
- If you do not wish to have a baby, discuss effective contraception with your GP or family planning clinic as some epilepsy medication can make contraception less reliable.

The information on this card is based on SIGN 143: A guideline outlining the diagnosis and management of epilepsy in adults



ROYAL COLLEGE OF
PHYSICIANS AND
SURGEONS OF GLASGOW



SIGN

Sources of further information

Epilepsy Action: Helpline -
0808 800 5050
www.epilepsy.org.uk

Epilepsy Connections -
0141 248 4125/01324 673750
www.epilepsyconnections.org.uk

Epilepsy Scotland -
0808 800 2200/0131 226 5458
www.epilepsyscotland.org.uk

Epilepsy Society -
01494 601 400/ 01494 601 300
www.epilepsysociety.org.uk

NHS24 - Freephone 111
www.nhs24.com

NHS Choices
<http://www.nhs.uk/conditions/pregnancy-and-baby/>



ROYAL COLLEGE OF
PHYSICIANS AND
SURGEONS OF GLASGOW