

# When you have had a suspected first fit (seizure)

## Emergency Department

Information for Patients

Produced: April 2022

Review: April 2025

Leaflet number: 1291 Version: 1

### Introduction

You came to the Emergency Department after a suspected seizure. You have been assessed and the team are happy that you can be discharged from hospital with arrangements for you to be seen by a specialist.

### What is a seizure?

A seizure, also called a 'fit', an 'attack', a 'convulsion' or a 'turn' is a sudden, brief disruption of normal brain activity. The seizure may be different depending on whether the disruption occurs throughout the brain or in just part of the brain.

Anyone could have a single seizure; about 1 in 20 people will have a seizure at some point in their life. This is not the same as having epilepsy.

### What happens next?

The Emergency Department will refer you to the 'First Fit Clinic' where you will be seen by an Advanced Epilepsy Nurse Specialist. If you do not hear from them within 4 weeks of coming to the Emergency Department, please call them on 0116 258 4618. When you attend your outpatient appointment it would be helpful if you could come with someone who saw your seizure or if you could bring a video of the event with you.

When you are seen by an Advance Epilepsy Nurse Specialist in Outpatients Clinic they will be able to provide you with further information and answer any questions you have. Until you are seen by a specialist, it is advised that you take note and follow the advice below.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## For your safety

- You must not drive or operate dangerous machinery. You must declare any seizure activity with unconsciousness to the Driver and Vehicle Licensing Agency (DVLA). Please refer to <https://www.gov.uk/epilepsy-and-driving> to report your condition. It is your responsibility to report your condition. You can be fined up to £1,000 if you do not tell DVLA about a medical condition that affects your driving. You may be prosecuted if you are involved in an accident as a result.
- You should avoid any dangerous work or leisure activities until you have seen the Advanced Epilepsy Nurse Specialist, this includes activities such as swimming, cycling on busy roads or using ladders. Consider situations where having a seizure could have serious consequences such as standing close to the edge of train platforms or roads.
- It is a good idea to avoid the use of a bath or shower without supervision or without someone in the house. Ensure the bathroom door is unlocked. It may be safer to take a shower but if you have a bath ensure that it is only half filled and the taps are turned off.
- Avoid drinking alcohol, illicit drug use and sleep deprivation.
- You should tell your employer that you have had a seizure.
- If you have another fit or seizure you should return to the Emergency Department.

It is a good idea to tell your family/friends that you have had a seizure and make sure they know what to do in case you have another one.

## First aid during a seizure

Once a seizure starts, it will usually stop on its own after a few minutes. Following the advice below:

### Do:

- Watch the seizure carefully and if possible let it run its natural course.
- Keep calm and note the time the seizure starts and how long it lasts.
- Clear a space around the person, removing any sharp, hot or hard objects.
- Cushion the persons head with whatever is available e.g. soft cushion, jumper or coat.
- Loosen any tight clothing round the neck and gently remove glasses if worn.
- Turn the person onto their side (the recovery position) once the convulsions stop.
- Stay with the person, if possible, until any confusion passes.

### Do not:

- Do not move the person while the seizure is happening unless there is an immediate danger. For example, if they are in a busy road, at the top of the stairs, in water, near a fire or hot radiator.
- Do not try to restrain the person.
- Do not attempt to lift the person.

- Do not put anything between the teeth or into the mouth.
- Do not give any medication while the seizure is happening.
- Do not leave the person until they have recovered.

#### You should dial 999 if:

- One seizure follows another without any recovery in between.
- The seizure lasts longer than 5 minutes or the person remains unconscious for a longer time than is usual.
- The seizure is a different type or pattern of seizure to what the person normally has.
- The person has been badly injured.
- The person has difficulty breathing.
- You do not know the persons history.
- You are at all unsure.

#### What can I do if I become worried about my condition?

If at any point you are concerned, please see your GP or contact NHS111 by dialing from a landline or mobile.

The information in this leaflet is not intended to replace the advice given to you by your doctor or the service looking after you.

#### Contact details

First Fit Clinic 0116 258 4618.

Minor Injuries Unit, Emergency Department: Switchboard 0300 303 1573, extension 0052 or 0054.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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