



Cut out these cards and stick them on to a piece of cardboard. On the reverse side of the English version **CLEARLY PRINT** your name and home address. On the reverse side of the foreign version **PRINT** your name, contact address and telephone number in Brazil.

For use at home

### I HAVE EPILEPSY

If I am found unconscious this is not because I have been drinking or taking drugs but probably because I have just had an epileptic seizure.

#### If I should have a seizure...

- Do not move me unless I am in danger.
- Leave a clear space around me, loosen my collar and put something under my head.
- Do not restrict my movements.
- Do not lift me up.
- Do not force anything between my teeth.
- It is not necessary to call an ambulance, the police or a doctor unless I do not recover consciousness in a few minutes.

For use in Brazil

### Sofro de Epilepsia.

Se me encontrarem inconsciente, não é por causa de estar inebriado nem por estar intoxicado por ter tomado drogas, mas provavelmente porque acabei de sofrer um ataque epiléptico.

#### Se eu tiver tido um ataque epiléptico ...

- Não me tirem do sitio onde estou a não ser que eu esteja em perigo.
- Deixem um espaço livre à minha volta, desapertem-me o colarinho e ponham alguma coisa debaixo da minha cabeça.
- Não me restrinjam os movimentos.
- Não peguem em mim.
- Não forcem nada entre os meus dentes.
- Não é necessário chamar uma ambulância, a polícia ou um médico a não ser que eu não recupere os sentidos dentro de alguns minutos.

If you are travelling with a child, use the cards shown below and give them to the child to carry, carefully explain to him or her that if you do have a seizure and are surrounded by strangers the card should be shown to an adult. Make sure that both your name, address and the child's name and address are clearly written on the reverse side of the card.

### My parent has Epilepsy. Please do not panic. This is how you can help us

- |  |  |
|--|--|
| <b>Do:</b>   | <b>Do not:</b>   |
| * Keep calm.   | * Panic.   |
| * Provide gentle protection from obvious dangers.                                      | * Try to stop the seizure.   |
| * Let the seizure run it's course.   | * Place anything in the mouth.   |
| * Telephone this number<br>.....<br>and tell the person who answers what has happened. | * Send for an ambulance unless<br>One seizure follows another.<br>The seizure lasts longer than 5-6 minutes.<br>Consciousness is not regained after 10 minutes or there is obvious injury. |

### O meu pai/a minha mãe sofre de epilepsia. Por favor, não entre em pânico. Pode ajudar-nos da seguinte maneira:

- |   |  |
|---|--|
| <b>Deve</b>   | <b>Não deve</b>  |
| * Manter-se calmo.  | * Entrar em pânico.  |
| * Oferecer protecção suficiente contra perigos óbvios.                                    | * Tentar parar o ataque.   |
| * Deixar que o ataque siga o seu curso.   | * Pôr nada na boca.  |
| * Telefonar para este número<br>.....<br>e contar à pessoa que responder o que aconteceu. | * Chamar uma ambulância a não ser que um ataque siga outro, que o ataque dure mais do que 5 ou 6 minutos, que a pessoa não recupere os sentidos depois de 10 minutos ou se houver ferimentos óbvios. |

For use at home

For use in Brazil

### Some useful phrases to take with you....

**I have epilepsy.**  
Sofro de epilepsia.

**I take my medication once / twice / three or four times a day.**  
Tomo os meus medicamentos uma vez/duas vezes/três vezes/quatro vezes por dia.

**I take the following drugs for my epilepsy.**  
Tomo os seguintes medicamentos para a minha epilepsia.

**I don't usually lose consciousness during a seizure.**  
No geral, não perco os sentidos durante um ataque.

**I always lose consciousness during a seizure.**  
Perco sempre os sentidos durante um ataque.

**My seizures usually last several minutes.**  
Os meus ataques costumam durar vários minutos.

**After a seizure it takes me several minutes/ hours to become fully aware.**  
Depois de um ataque demoro alguns minutos/horas para ficar completamente consciente.

**Will you please take me to my hotel?**  
Fazia-me o favor de me levar para o meu hotel?

**Will you please call a taxi?**  
Fazia-me o favor de me chamar um taxi.

**Where is the nearest hospital?**  
Onde fica o hospital mais próximo.

**Where is the nearest doctor's surgery?**  
Onde fica o consultório do médico mais próximo.



## Medication

Take a supply of your medicine with you. In the event of you losing or mislaying your tablets you will need to get a replacement supply. The table on the right will help you ensure that you get the correct drug albeit that it may not be in the same packaging that you are used to. It is very important that you do know the chemical (generic) name of your antiepileptic drug and the size of the dose you take.

## Healthcare Insurance

Brazil does not have any health care agreement with UK and so to get even basic medical treatment you are very strongly advised to take out comprehensive medical insurance which carries a high level of cover as you may well find yourself paying large sums of money for what you would consider relatively minor treatment. Different insurance companies offer different levels of cover at widely differing costs and restrictions. A good starting point is to get a quote from your local Post Office, by calling free on 0800 169 9999 or online at [www.postoffice.co.uk](http://www.postoffice.co.uk).

Generic (chemical) name	Brand name(s) in the UK
carbamazepine	Tegretol ®, Tegretol Retard ®
clobazam	Frisium ®
clonazepam	Rivotril ®
ethosuximide	Zarontin ®, Emeside ®
gabapentin	Neurontin ®
lamotrigine	Lamictal ®
leveteracetam	Keppra ®
phenobarbitone	Gardenal ®
phenytoin	Epanutin ®
primidone	Mysoline ®
valproate	Epilim ®, Epilim Chrono ®
vigabatrin	Sabril ®
tiagabine	Gabitril ®
topiramate	Topamax ®

The International Bureau for Epilepsy (IBE) is an organisation which promotes the interests of people with epilepsy throughout the world by offering non medical advice and by lobbying opinion to influential international bodies including governments. It is widely respected and has a powerful voice in the international field of epilepsy. The member in Brazil is :-

Brazilian Association for Epilepsy (ABE)  
Rua Botucatu 862,  
04023-900,  
Sao Paulo, SP Brazil  
Tel: Unavailable  
Fax: Unavailable  
Email: [sbonin@ig.com.br](mailto:sbonin@ig.com.br)  
Website: [www.unifesp.br/dneuro/abe/](http://www.unifesp.br/dneuro/abe/)

## Taking Medicines into Brazil

You should not have any problem taking your prescribed drugs into Brazil but it is wise to take with you a letter from your doctor or Epilepsy Specialist Nurse giving details of your prescription just in case you are challenged through Customs. (Your doctor may make a charge for such a letter).

## Malaria Warning

People taking antiepileptic medication should be aware that particular problems can occur when taking antimalarial and antiepileptic drugs together.

The Epilepsy Research Foundation publishes an excellent document entitled "Epilepsy and Antimalarial Medication".

It can be obtained, free of charge, from:-

Epilepsy Research Foundation,  
PO Box 3004  
London W4 4XT  
Tel/Fax: 020 8995 4781

If you have been recommended to take antimalarial drugs by your travel advisor you should consult you GP who will prescribe the appropriate antimalarial drug. If you are in possession of the above named document take it with you to your GP so that it is clear what advice is being provided.

## Time Difference

There is a significant time difference between UK and Brazil ( GMT -2 to -5 hours ) and this can affect the effectiveness of your medication. Remember to take your tablets at the interval(s) you are used to.