



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 Costa Rica.

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 Costa Rica

## TENGO EPILEPSIA

Si me encuentran inconsciente esto no es porque he sido que bebía o que tomaba drogas pero probablemente porque acabo de tener un ataque epiléptico.

### Si tengo un asimiento.....

- No me mueva a menos que esté en peligro
- Deje un espacio claro alrededor de mí, afloje mi collar y ponga algo bajo mi cabeza
- No restrinja mis movimientos
- No me levante para arriba
- No fuerce cualquier cosa entre mis dientes
- No es necesario llamar una ambulancia, el policía o un doctor a menos que no recupere el sentido en algunos 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> <ul style="list-style-type: none"><li>• Keep calm.</li><li>• Provide gentle protection from obvious dangers.</li><li>• Let the seizure run its course.</li><li>• Telephone this number ..... and tell the person who answers what has happened.</li></ul> | <b>Do not:</b> <ul style="list-style-type: none"><li>• Panic.</li><li>• Try to stop the seizure.</li><li>• Place anything in the mouth.</li><li>• Send for an ambulance unless one seizure follows another.</li></ul> <p>The seizure lasts longer than 5-6 minutes.</p> <p>Consciousness is not regained after 10 minutes or there is obvious injury.</p> |
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## Mi padre tiene epilepsia. No se atierre por favor. Éste es cómo usted puede ayudarnos

- |  |  |
|--|--|
| <b>Do:</b> <ul style="list-style-type: none"><li>• siga siendo tranquilo</li><li>• proporcione la protección apacible contra peligros obvios</li><li>• deje el asimiento funcionar su curso</li><li>• Llame por teléfono este número ..... y diga a persona que contesta a qué ha sucedido</li></ul> | <b>No:</b> <ul style="list-style-type: none"><li>• pánico</li><li>• intente parar el asimiento</li><li>• ponga cualquier cosa en la boca</li><li>• envíe para una ambulancia a menos que un asimiento siga otro, el asimiento dura más de largo de 5 o 6 minutos, el sentido adentro no recuperado después de 10 minutos o allí es lesión obvia.</li></ul> |
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For use at home

For use in Costa Rica

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

**I have epilepsy.**  
Tengo epilepsia.

**I take my medication once / twice / three or four times a day.**  
Tomo mi medicina una vez/dos veces/tres veces /cuatro veces por dia.

**I take the following drugs for my epilepsy.**  
Tomo las siguientes medicinas para tratar mi epilepsia .....

**I don't usually lose consciousness during a seizure.**  
Normalamente no pierdo la consciencia durante el ataque.

**I always lose consciousness during a seizure.**  
Siempre pierdo la consciencia durante el ataque.

**My seizures usually last several minutes.**  
Mis ataques normalmente duran varios minutos.

**After a seizure it takes me several minutes/ hours to become fully aware.**  
Después de sufrir un ataque, tardo varios minutos/ horas en recobrar totalmente la consciencia.

**Will you please take me to my hotel?**  
Por favor lléveme a mi hotel.

**Will you please call a taxi?**  
Por favor llame a un taxi.

**Where is the nearest hospital?**  
Donde está el hospital más cercano.

**Where is the nearest doctor's surgery?**  
Donde está el consultorio médico más cercano.



## 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

Costa Rica 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 ®
levetiracetam	Keppra ®
phenobarbitone	Gardenal ®
phenytoin	Epanutin ®
primidone	Mysoline ®
valproate	Epilim ®, Epilim Chrono ®
vigabatrin	Sabril ®
tiagabine	Gabitril ®
topiramate	Topamax ®

## Taking Medicines into Costa Rica

You should not have any problem taking your prescribed drugs into Costa Rica 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 your 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 Costa Rica ( GMT - 6 hours ) and this can affect the effectiveness of your medication. Remember to take your tablets at the interval(s) you are used to.