



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 Danish version **PRINT** your name, contact address and telephone number in Denmark.

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 Denmark

JEG HAR EPILEPSI

Hvis jeg bliver fundet i bevidstløs tilstand er det ikke fordi jeg har drukket eller taget stoffer, men muligvis fordi jeg lige har haft et epileptisk anfald.

Hvis jeg får et anfald...

- Må jeg ikke flyttes medmindre jeg er i fare.
- Skal der være plads rundt om mig, min krave skal løsnes og der skal lægges noget under mit hoved.
- Må mine bevægelser ikke begrænses.
- Må jeg ikke løftes.
- Må der ikke tvinges noget mellem mine tænder.

Medmindre jeg ikke genvinder bevidstheden i løbet af et par minutter, er det er ikke nødvendigt at ringe efter en ambulance, politiet eller en læge.

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

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

Mine forældre har epilepsi. Der er ingen grund til panik. Sådan kan du hjælpe os.

- | | |
|---|---|
| Du skal | Du må ikke |
| • bevare sindsroen. | • panikere. |
| • sørge for at der ikke findes åbenlyse farer. | • prøve at stoppe anfaldet. |
| • lad anfaldet forløbe normalt. | • anbringe noget i munden. |
| • ringe til følgende telefonnummer | • ringe efter en ambulance, |
| | medmindre anfaldene kommer lige efter hinanden, |
| og fortælle den person, som svarer, hvad der er sket. | hvis de varer længere end 5 til 6 minutter, |
| | hvis bevidstheden ikke genvindes efter 10 minutter, eller hvis der er opstået en åbenlys skade. |

For use at home

For use in Denmark

Some useful phrases to take with you....

I have epilepsy.

Jeg har epilepsi.

I take my medication once / twice / three or four times a day.

Jeg tar medicin en/to/tre eller fire gange dagligt.

I take the following drugs for my epilepsy.

Jeg tager følgende lægemidler mod min epilepsi.

I don't usually lose consciousness during a seizure.

Jeg mister normalt ikke bevidstheden, når jeg får et anfald.

I always lose consciousness during a seizure.

Jeg mister altid bevidstheden, når jeg får et anfald.

My seizures usually last several minutes.

Mine anfald varer normalt adskillige minutter.

After a seizure it takes me several minutes/ hours to become fully aware.

Efter et anfald varer det adskillige minutter/timer inden jeg kommer helt til bevidstheden.

Will you please take me to my hotel?

Vil du venligst tage mig til mit hotel?

Will you please call a taxi?

Vil du venligst ringe efter en taxa?

Where is the nearest hospital?

Hvor er det nærmeste hospital?

Where is the nearest doctor's surgery?

Hvor er den nærmeste lægekonsultation?



Take a supply of your medication with you to Denmark. If you should unfortunately lose or mislay your tablets the following table may be useful to you. It is very important that you should know the generic (chemical) name of your drug.

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 Denmark is:-

Name: Dansk Epilepsiforening
Address: Kongensgade 68, 2. Tv.
DK-5000 Odense C,
Denmark
Tel (from UK): 00 45 6611 9091
Fax (from UK): 00 45 66 117 117
Email: epilepsi@epilepsiforeningen.dk
Website: www.epilepsiforeningen.dk

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 ®

Emergency Medical Treatment

Denmark is within the European Economic Area (EEA) and so arrangements are in place for medical treatment to be provided for British Nationals on production of a British passport or an NHS medical card or a driving licence.

Details of receiving medical treatment in countries within the European Economic Area, which includes Denmark, can be obtained from the booklet, produced by the Department of Health, called "Health Advice for Travellers". It is available free of charge from the Department of Health, by calling 0800 555 777 or from main Post Offices.

Additional Insurance

Whilst essential emergency treatment is available free of charge on production of Form E111 other difficulties possibly arising as a result of your epilepsy are not covered, not least the possibilities of missing a flight or incurring the cost of an extended stay in Denmark once emergency treatment has been given. You are strongly advised to take out additional travel insurance to cover any risk relating to your epilepsy.

You will need to shop around to get the best level of cover. Different insurance companies offer different levels of cover at widely differing costs and restrictions. A good starting point is to get a quote from the Post Office by visiting your local Post Office, by calling free on 0800 169 9999 or online at www.postoffice.co.uk

Taking Medicines into Denmark

You should not have any problem taking your prescribed drugs into Denmark 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.

Time Difference

If flights are on schedule the time difference between Denmark and the UK * will make no difference to your timetable for taking your tablets. If journey times are significantly delayed do not forget to take your tablets at the interval(s) you are used to.* Denmark is one hour ahead of GMT. It may, however, vary from standard time at some part of the year such as Summer Time or Daylight Saving Time.