



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 Dutch version **PRINT** your name, contact address and telephone number in The Netherlands.

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 The Netherlands

Ik Heb Epilepsie

Als ik bewusteloos wordt aangetroffen, dan is dat niet omdat ik alcohol heb gedronken, maar waarschijnlijk omdat ik zojuist een epileptische aanval heb gehad.

Mocht ik een aanval hebben...

- Verplaats me alleen als ik in gevaar verkeer.
- Maak ruimte om me heen, maak mijn kraag los en plaats iets onder mijn hoofd.
- Zorg ervoor dat ik mij vrij kan bewegen.
- Til me niet op.
- Probeer niets tussen mijn tanden te stoppen.
- Het is niet nodig om een ambulance, de politie of een dokter te bellen, behalve als ik niet binnen enkele minuten bij bewustzijn kom.

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: <ul style="list-style-type: none">• Keep calm.• Provide gentle protection from obvious dangers.• Let the seizure run its course.• Telephone this number
.....
and tell the person who answers what has happened. | Do not: <ul style="list-style-type: none">• Panic.• Try to stop the seizure.• Place anything in the mouth.• Send for an ambulance unless
One seizure follows another.
The seizure lasts longer than 5-6 minutes.
Consciousness is not regained after 10 minutes or there is obvious injury. |
|--|---|

Mijn ouder heeft epilepsie. Raak alstublieft niet in paniek. Dit is hoe u ons kunt helpen.

- | | |
|--|--|
| Wel doen: <ul style="list-style-type: none">• Blijf kalm• Bescherm mij op een rustige manier tegen duidelijk gevaar• Probeer de aanval niet te stoppen• Bel dit nummer
.....
En vertel de persoon die opneemt wat er is gebeurd. | Niet doen: <ul style="list-style-type: none">• In Panik geraten.• De aanval proberen te stoppen.• Lets in de mond stoppen• En Ambulance bellen, behalve als meerdere aanvallen na elkaar volgen, de aanval langer dan 5 of 6 minuten duurt, ik na 10 minuten niet bij bewustzijn ben gekomen of als ik gewond ben. |
|--|--|

For use at home

For use in The Netherlands

Some useful phrases to take with you....

I have epilepsy.

Ik heb epilepsie.

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

Ik neem mijn medicijnen een/twee/drie/vier keer per dag in.

I take the following drugs for my epilepsy.

Ik gebruik de volgende medicijnen voor mijn epilepsie.

I don't usually lose consciousness during a seizure.

Ik verlies het bewustzijn gewoonlijk niet tijdens een aanval.

I always lose consciousness during a seizure.

Ik verlies altijd het bewustzijn tijdens een aanval.

My seizures usually last several minutes.

Een aanval duurt bij mij gewoonlijk enkele minuten.

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

Na een aanval duurt het enkele minuten/uren om weer helemaal bij het bewustzijn te komen.

Will you please take me to my hotel?

Kunt u mij alstublieft naar mijn hotel brengen?

Will you please call a taxi?

Kunt u alstublieft een taxi bellen?

Where is the nearest hospital?

Waar is het dichtstbijzijnde ziekenhuis?

Where is the nearest doctor's surgery?

Waar is de dichtstbijzijnde huisarts?



Take a supply of your medication with you to The Netherlands. 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 IBE has an office in The Netherlands :-

International Bureau for Epilepsy
Achterweg 5
2103 SW Heemstede
The Netherlands
Tel : + 31 23 529 1019
Fax : + 31 23 547 0119
E-mail : ibe@xs4all.nl

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

The Netherlands 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 The Netherlands, 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 The Netherlands 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 The Netherlands

You should not have any problem taking your prescribed drugs into The Netherlands 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 The Netherlands 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.* The Netherlands is 2 hours ahead of GMT. It may, however, vary from standard time at some part of the year such as Summer Time or Daylight Saving Time.