



Cut out these cards and stick them on to a piece of cardboard. On the reverse side **CLEARLY PRINT** your name and the address at which you are staying in Gambia.

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.

Name: _____

Address: _____

Tel: _____

I usually recover consciousness in _____ minutes.

Please do not call an ambulance unless I do not recover consciousness within 10 minutes or one seizure follows another without me regaining consciousness.

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
.....
and tell the person who answers what has happened. | * 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. |

Name: _____

Address: _____

Tel: _____

My parent usually recovers consciousness in _____ minutes.

Please do not call an ambulance unless I do not recover consciousness within 10 minutes or one seizure follows another without me regaining consciousness.

Take a supply of your medication with you to Gambia. 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.

Emergency Medical Treatment

Gambia does have reciprocal arrangements with the UK. In order to get medical treatment you will need proof of UK residence in the form of an NHS medical card or a UK driving licence.

Minor emergency treatment is normally given free of charge. You will be expected to pay for:

- Hospital in-patient and out-patient treatment
- Hospital accommodation
- Dental treatment
- Prescribed medicines
- Ambulance travel
- Family doctor type treatment is available at out-patient clinics. A charge is made

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 ®



Additional Insurance

Because the reciprocal arrangements are somewhat limited you are strongly advised to take out additional insurance to cover any risk related 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

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.

Taking Medicines into Gambia

You should not have any trouble taking your prescribed drugs into Gambia. Carry your medicines in a correctly labelled container which has been issued by a pharmacist. A letter from your doctor or Epilepsy Specialist Nurse explaining your need to take medicine would be useful if you are challenged by Customs. (Your doctor may make a charge for such a letter).

Time Difference

If flights are on schedule the time difference between Gambia 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. There is no time difference between the UK and the Gambia.