



Cut out these cards and stick them back-to-back on a piece of cardboard. Carry the card on your person throughout your stay in New Zealand.

Front

## 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.

Back

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, make up and give this card to the child to carry and carefully explain that if you do have a seizure and are surrounded by strangers the card should be shown to an adult.

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

### Do:

- \* Keep calm.
- \* Provide gentle protection from obvious dangers.
- \* Let the seizure run it's course.
- \* Telephone this number \_\_\_\_\_ and tell the person who answers what has happened.

### Do not:

- \* 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.

Front

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.

Back

Take a supply of your medication with you to New Zealand. 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 New Zealand is:-

Name: Epilepsy New Zealand  
Address: PO Box 1074,  
Hamilton,  
New Zealand  
Tel: + 64 7834 3556  
Fax: + 64 7834 3553  
Email: ceo@epilepsy.org.nz  
Website: www.epilepsy.org.nz

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 ®



## Emergency Medical Treatment

New Zealand has limited health care arrangements with the UK. To receive treatment you will need to produce your UK passport.

The following services are usually available free of charge:  
Public hospital in-patient treatment, dental treatment (under 16 years of age)

You will be expected to pay for:

Out-patient hospital treatment, prescribed medicines, ambulance travel.

Charges incurred will not be reimbursed by UK government.

## Healthcare Insurance

Because reciprocal arrangements are limited you are strongly advised to take out adequate insurance cover.

You should shop around to get the best possible 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](http://www.postoffice.co.uk).

## Taking Medicines into New Zealand

You should not have any trouble taking your prescribed drugs into New Zealand. 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

Travelling to New Zealand involves passing through several time zones and so established sleep patterns are interrupted. Take care to take your medication at the usual prescribed intervals so that seizure control is kept at the optimum level. The time difference between UK and New Zealand is +12 hours.