



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 Norwegian version **PRINT** your name, contact address and telephone number in Norway.

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 Norway.

## Jeg har epilepsi.

Hvis jeg blir funnet bevisstløs er det ikke fordi jeg har drukket eller brukt narkotika, men sannsynligvis fordi jeg har hatt et epileptisk anfall.

### Hvis jeg skulle få et anfall, så skal du ...

- Ikke flytte på meg med mindre jeg er i fare
- La det være plass rundt meg, løsne på kraven min og legg noe under hodet mitt.
- Ikke hemme bevegelsene mine.
- Ikke løfte meg opp.
- Ikke tvinge noe imellom tennene mine.
- Det er kun nødvendig å tilkalle ambulanse, politi eller lege dersom jeg ikke kommer til meg selv igjen etter noen få minutter.

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.

For use at home

## Min mor/min far har epilepsi. Ikke få panikk. Du kan hjelpe oss på følgende måte:

Gjør følgende:	Ikke
* Vær rolig	* Få panikk
* Beskytt varsomt mot opplagte farer	* Forsøk å stoppe anfall
* La anfall gå sin gang	* Putt noe i munnen
* Ring følgende telefonnummer ..... og fortell personen hva som har skjedd.	* Tilkall ambulanse med mindre det kommer enda et anfall, anfall varer lenger enn 5 eller 6 minutter, personen ikke har fått bevisstheten tilbake etter 10 minutter, eller det finnes opplagte skader.

For use in Norway.

## 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 medisin én/to/tre/fire ganger om dagen.

### I take the following drugs for my epilepsy.

Jeg tar følgende medisiner for min epilepsi.

### I don't usually lose consciousness during a seizure.

Jeg mister vanligvis ikke bevisstheten under et anfall.

### I always lose consciousness during a seizure.

Jeg mister alltid bevisstheten under et anfall.

### My seizures usually last several minutes.

Mine anfall varer vanligvis i flere minutter.

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

Etter et anfall tar det meg flere minutter/timer før jeg blir helt klar igjen.

### Will you please take me to my hotel?

Kan du være så snill å hjelpe meg til hotellet mitt?

### Will you please call a taxi?

Kan du være så snill å tilkalle en drosje?

### Where is the nearest hospital?

Hvor er nærmeste sykehus?

### Where is the nearest doctor's surgery?

Hvor er nærmeste legekontor?



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

Norsk Epilepsiforbund  
Storgt. 39  
0182 Oslo  
Norway  
Tel (from UK): 00 47 2220 6021  
Fax (from UK): 00 47 2211 5976  
Email: nef@epilepsi.no  
Website: www.epilepsi.no

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

Norway 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 Norway, 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 Norway 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](http://www.postoffice.co.uk)

## Taking Medicines into Norway

You should not have any problem taking your prescribed drugs into Norway 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 Norway 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.\* Norway 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.