



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 Polish version **PRINT** your name, contact address and telephone number in Poland.

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 Poland

CHORUJĘ NA PADACZKĘ

Jeżeli znaleziono mnie nieprzytomnego(-ą), nie jest to spowodowane odurzeniem alkoholem lub narkotykami, ale prawdopodobnie jest to skutek napadu padaczkowego.

Jeżeli doznałem(-am) napadu padaczkowego:

- Nie należy mnie prznosić, chyba że grozi mi niebezpieczeństwo. Powinno się zostawić wokół mnie wolną przestrzeń, poluzować kołnierzyk koszuli i podłożyć mi coś pod głowę.
- Nie ograniczać moich ruchów.
- Nie podnosić mnie.
- Nie wkładać niczego na siłę między zęby.

Nie jest konieczne wzywanie pogotowia ratunkowego, policji ani lekarza, chyba że nie odzyskam świadomości w ciągu kilku minut.

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. |

Mój rodzic cierpi na padaczkę. Proszę nie wpadać w panikę. Można nam pomóc:

- | | |
|--|---|
| • zachowując spokój; | Nie należy: |
| • zapewniając ochronę przed oczywistymi niebezpieczeństwami; | • wpadać w panikę; |
| • pozwalając, aby atak odbywał się bez zakłóceń; | • próbować zatrzymać atak; |
| • dzwoniąc pod następujący numer telefonu:
.....
i informując o tym, co się wydarzyło. | • umieszczać czegokolwiek w ustach chorego; |
| | • wzywać pogotowia, chyba że następuje kolejny napad, atak trwa dłużej niż 5-6 minut, chory nie odzyskuje świadomości po 10 minutach lub jeżeli występują widoczne okaleczenia. |

For use at home

For use in Poland

Some useful phrases to take with you....

I have epilepsy.

Cierpię na padaczkę.

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

Przyjmuję leki raz/dwa/trzy razy dziennie.

I take the following drugs for my epilepsy.

Przyjmuje następujące lekarstwa w związku z moją chorobą.

I don't usually lose consciousness during a seizure.

Zazwyczaj nie tracę świadomości w trakcie ataku.

I always lose consciousness during a seizure.

Zawsze tracę świadomość podczas ataku.

My seizures usually last several minutes.

Moje ataki trwają zwykle kilka minut.

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

Pełne odzyskanie świadomości po ataku zajmuje mi kilka minut / godzin.

Will you please take me to my hotel?

Czy może mnie Pan/Pani zabrać do mojego hotelu?

Will you please call a taxi?

Czy mógłby Pan/Pani wezwać taksówkę?

Where is the nearest hospital?

Gdzie jest najbliższy szpital?

Where is the nearest doctor's surgery?

Gdzie jest najbliższy gabinet lekarski?



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

Name: Polish Epilepsy Association
Address: ul. Fabryczna 57,
15-482 Bialystok,
Poland
Tel (from UK): 00 48 85 675 4420
Fax (from UK): 00 48 85 675 4420
Email: epi99@2n.pl
Website: www.padaczka.bialystok.org.pl

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

Poland is not a member of the European Economic Area and limited health care arrangements are in place.

To receive treatment you will need to produce your UK passport.

The following services are available free of charge:

Treatment in hospital, some dental treatment: other medical treatment.

You will be expected to pay for:

Doctor's visit to your hotel: 30% of cost of prescribed medicines from a public pharmacy.

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.

Taking Medicines into Poland

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