



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 Portuguese version **PRINT** your name, contact address and telephone number in Portugal

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 Portugal

## Sofro de Epilepsia.

Se me encontrarem inconsciente, não é por causa de estar inebriado nem por estar intoxicado por ter tomado drogas, mas provavelmente porque acabei de sofrer um ataque epiléptico.

### Se eu tiver tido um ataque epiléptico ...

- Não me tirem do sitio onde estou a não ser que eu esteja em perigo.
- Deixem um espaço livre à minha volta, despertem-me o colarinho e ponham alguma coisa debaixo da minha cabeça.
- Não me restrinjam os movimentos.
- Não peguem em mim.
- Não forcem nada entre os meus dentes.
- Não é necessário chamar uma ambulância, a polícia ou um médico a não ser que eu não recupere os sentidos dentro de alguns minutos.

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

- |                                                                                        |                                                                                                                                                                                            |
|----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Do:</b>                                                                             | <b>Do not:</b>                                                                                                                                                                             |
| * 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<br>.....<br>and tell the person who answers what has happened. | * Send for an ambulance unless<br>One seizure follows another.<br>The seizure lasts longer than 5-6 minutes.<br>Consciousness is not regained after 10 minutes or there is obvious injury. |

## O meu pai/a minha mãe sofre de epilepsia. Por favor, não entre em pânico. Pode ajudar-nos da seguinte maneira:

- |                                                                                           |                                                                                                                                                                                                      |
|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Deve</b>                                                                               | <b>Não deve</b>                                                                                                                                                                                      |
| * Manter-se calmo.                                                                        | * Entrar em pânico.                                                                                                                                                                                  |
| * Oferecer protecção suficiente contra perigos óbvios.                                    | * Tentar parar o ataque.                                                                                                                                                                             |
| * Deixar que o ataque siga o seu curso.                                                   | * Pôr nada na boca.                                                                                                                                                                                  |
| * Telefonar para este número<br>.....<br>e contar à pessoa que responder o que aconteceu. | * Chamar uma ambulância a não ser que um ataque siga outro, que o ataque dure mais do que 5 ou 6 minutos, que a pessoa não recupere os sentidos depois de 10 minutos ou se houver ferimentos óbvios. |

For use at home

For use in Portugal

## Some useful phrases to take with you....

**I have epilepsy.**  
Sofro de epilepsia.

**I take my medication once / twice / three or four times a day.**  
Tomo os meus medicamentos uma vez/duas vezes/três vezes/quatro vezes por dia.

**I take the following drugs for my epilepsy.**  
Tomo os seguintes medicamentos para a minha epilepsia.

**I don't usually lose consciousness during a seizure.**  
No geral, não perco os sentidos durante um ataque.

**I always lose consciousness during a seizure.**  
Perco sempre os sentidos durante um ataque.

**My seizures usually last several minutes.**  
Os meus ataques costumam durar vários minutos.

**After a seizure it takes me several minutes/ hours to become fully aware.**  
Depois de um ataque demoro alguns minutos/horas para ficar completamente consciente.

**Will you please take me to my hotel?**  
Fazia-me o favor de me levar para o meu hotel?

**Will you please call a taxi?**  
Fazia-me o favor de me chamar um taxi?

**Where is the nearest hospital?**  
Onde fica o hospital mais próximo?

**Where is the nearest doctor's surgery?**  
Onde fica o consultório do médico mais próximo?



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

Portuguese League against Epilepsy  
Servico de Neurologia,  
Hospital Santa Maria,  
Avenida Prof Egas Moniz, 1649-035 Lisboa,  
Portugal  
Tel (from UK): 00 3511 755 0857  
Fax (from UK): 00 35 11 795 7474  
Email: [fjpinto@ip.pt](mailto:fjpinto@ip.pt)  
Website: [www.lpce.pt](http://www.lpce.pt)

## Emergency Medical Treatment

Portugal 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 Portugal, 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 Portugal 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)

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 ®

## Taking Medicines into Portugal

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