



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 Spanish version **PRINT** your name, contact address and telephone number in Spain.

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 Spain

## TENGO EPILEPSIA

Si me encuentran inconsciente esto no es porque he sido que bebía o que tomaba drogas pero probablemente porque acabo de tener un ataque epiléptico.

### Si tengo un asimiento.....

- No me mueva a menos que esté en peligro
- Deje un espacio claro alrededor de mí, afloje mi collar y ponga algo bajo mi cabeza
- No restrinja mis movimientos
- No me levante para arriba
- No fuerce cualquier cosa entre mis dientes
- No es necesario llamar una ambulancia, el policía o un doctor a menos que no recupere el sentido en algunos 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> <ul style="list-style-type: none"><li>• Keep calm.</li><li>• Provide gentle protection from obvious dangers.</li><li>• Let the seizure run its course.</li><li>• Telephone this number ..... and tell the person who answers what has happened.</li></ul> | <b>Do not:</b> <ul style="list-style-type: none"><li>• Panic.</li><li>• Try to stop the seizure.</li><li>• Place anything in the mouth.</li><li>• Send for an ambulance unless One seizure follows another.</li><li>The seizure lasts longer than 5-6 minutes.</li><li>Consciousness is not regained after 10 minutes or there is obvious injury.</li></ul> |
|--|---|

## Mi padre tiene epilepsia. No se atierre por favor. Éste es cómo usted puede ayudarnos

- |  |  |
|--|--|
| <b>Do:</b> <ul style="list-style-type: none"><li>• siga siendo tranquilo</li><li>• proporcione la protección apacible contra peligros obvios</li><li>• deje el asimiento funcionar su curso</li><li>• Llame por teléfono este número ..... y diga a persona que contesta a qué ha sucedido</li></ul> | <b>No:</b> <ul style="list-style-type: none"><li>• pánico</li><li>• intente parar el asimiento</li><li>• ponga cualquier cosa en la boca</li><li>• envíe para una ambulancia a menos que un asimiento siga otro, el asimiento dura más de largo de 5 o 6 minutos, el sentido adentro no recuperado después de 10 minutos o allí es lesión obvia.</li></ul> |
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For use at home

For use in Spain

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

### I have epilepsy.

Tengo epilepsia.

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

Tomo mi medicina una vez/dos veces/tres veces /cuatro veces por dia.

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

Tomo las siguientes medicinas para tratar mi epilepsia .....

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

Normalmente no pierdo la consciencia durante el ataque.

### I always lose consciousness during a seizure.

Siempre pierdo la consciencia durante el ataque.

### My seizures usually last several minutes.

Mis ataques normalmente duran varios minutos.

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

Después de sufrir un ataque, tardo varios minutos/ horas en recobrar totalmente la consciencia.

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

Por favor lléveme a mi hotel.

### Will you please call a taxi?

Por favor llame a un taxi

### Where is the nearest hospital?

Donde esta el hospital mas cerano.

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

Donde esta el consultorio medico mas cerano.



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

Asociacion Espanola de Ayuda al Epileptico  
c/Berlin, 5, 4o Piso,  
28028 Madrid,  
Spain  
Tel (from UK): 00 34 91 726 2727  
Fax (from UK): 00 34 91 356 0926  
Email: mcdo@anit.es

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 ®

## Emergency Medical Treatment

Spain 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 Spain, 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 Spain 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 Spain

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