



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 South Africa.

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 its 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 South Africa. 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 South Africa is:-

Name: South Africa National Epilepsy League
PO Box 73
Observatory 7935
Capetown
South Africa
Tel: +27 214 473 014
Fax: +27 214 485 053
E -mail: info@epilepsy.org.za
website: www.epilepsy.org.za

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

UK does not have reciprocal arrangements with South Africa.

Travel Insurance

Because no reciprocal arrangements are in place you are strongly advised to take out insurance to cover any risk related 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

Taking Medicines into South Africa

You should not have any trouble taking your prescribed drugs into South Africa. 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

There is a +2 hour time difference between UK and South Africa and so if flights are on time the travelling should make little difference to your timetable for taking your medication.

Malaria Warning

People taking antiepileptic medication should be aware that particular problems can occur when taking antimalarial and antiepileptic drugs together.

The Epilepsy Research Foundation publishes an excellent document entitled "Epilepsy and Antimalarial Medication".

It can be obtained, free of charge, from:-

Epilepsy Research Foundation,

PO Box 3004

London W4 4XT

Tel/Fax: 020 8995 4781

If you have been recommended to take antimalarial drugs by your travel advisor you should consult your GP who will prescribe the appropriate antimalarial drug. If you are in possession of the above named document take it with you to your GP so that it is clear what advice is being provided.