



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 Swedish version **PRINT** your name, contact address and telephone number in Sweden.

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 Sweden.

## Jag är epileptiker.

Om jag hittas medvetlös betyder det inte att jag är drucken eller drogad, utan jag har troligen just haft ett epileptiskt anfall.

### Om jag har ett anfall...

- Flytta mig inte om jag inte är i fara.
- Lämna fritt utrymme runt mig, lossa på kragen på mig och lägg något under huvudet på mig.
- Håll inte fast mig så jag inte kan röra mig.
- Lyft inte upp mig.
- Tvinga inte in något mellan tänderna på mig.
- Det är inte nödvändigt att ringa efter ambulans, polis eller doktor, förutsatt att jag får tillbaka medvetandet efter ett par minuter.

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<br/>.....<br/>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<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.</li></ul> |
|--|---|

## Min mamma/pappa har epilepsi. Grips inte av panik. Så här kan du hjälpa oss.

- |   |   |
|---|---|
| <b>Gör följande:</b> <ul style="list-style-type: none"><li>* Håll dig lugn.</li><li>* Skydda försiktigt mot tydliga risker.</li><li>* Låt anfallat ha sin gång.</li><li>* Ring detta nummer:<br/>.....<br/>och berätta för den som svarar vad som har hänt.</li></ul> | <b>Gör inte följande:</b> <ul style="list-style-type: none"><li>* Grips inte av panik.</li><li>* Försök inte stoppa anfallat.</li><li>* Stoppa inte in något i munnen.</li><li>* Ring inte efter ambulans annat än om flera anfall följer på varandra, anfallat varar i mer än 5-6 minuter, han/hon inte får tillbaka medvetandet efter 10 minuter, eller du kan se att han/hon skadat sig.</li></ul> |
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For use at home

For use in Sweden.

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

**I have epilepsy.**  
Jag är epileptiker.

**I take my medication once / twice / three or four times a day.**  
Jag tar min medicin en/två/tre/fyra gånger om dagen.

**I take the following drugs for my epilepsy.**  
Jag tar följande medicin mot min epilepsi.

**I don't usually lose consciousness during a seizure.**  
Jag förlorar normalt inte medvetandet under ett anfall.

**I always lose consciousness during a seizure.**  
Jag förlorar alltid medvetandet under ett anfall.

**My seizures usually last several minutes.**  
Mina anfall räcker normalt i flera minuter.

**After a seizure it takes me several minutes/ hours to become fully aware.**  
Efter ett anfall tar det flera minuter/timmar tills jag blir fullt medveten.

**Will you please take me to my hotel?**  
Var snäll och ta mig till mitt hotell.

**Will you please call a taxi?**  
Var snäll och ring efter en taxi till mig.

**Where is the nearest hospital?**  
Var ligger närmaste sjukhus?

**Where is the nearest doctor's surgery?**  
Var ligger närmaste läkarstation?



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

Swedish Epilepsy Association  
Executive Director,  
PO Box 9514,  
102 74 Stockholm,  
Sweden  
Tel (from UK): 00 46 866 94306  
Fax (from UK): 00 46 866 915 88  
Email: [susanne.lund@epilepsi.se](mailto:susanne.lund@epilepsi.se)  
Website: [www.epilepsi.se](http://www.epilepsi.se)

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

Sweden is a member of the European Union and so arrangements are in place for medical treatment to be provided on production of Form E111. Only state-provided emergency treatment is covered and you will receive the same level of emergency treatment as would a Swedish resident. The state-provided treatment may not cover all the things you would expect to receive free of charge from the NHS. Details of arrangements for receiving medical treatment in countries within the European Economic Area (EEA), which includes Sweden, 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. In most cases the Post Office will issue your E111 certificate while you wait. The E111 is not a substitute for comprehensive travel insurance.

## 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 Sweden 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 Sweden

You should not have any problem taking your prescribed drugs into Sweden 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 Sweden 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.\* Sweden is 2 hours ahead of GMT. It may, however, vary from standard time at some part of the year such as Summer Time or Daylight Saving Time.