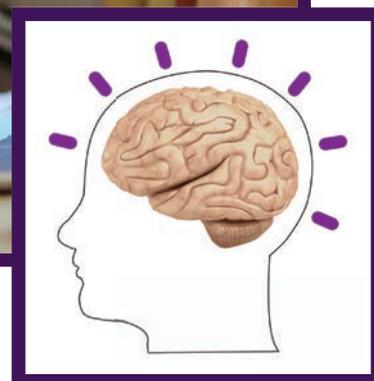




# All about epilepsy

## Booklet 2: Treating epilepsy



Supported by UCB

# How to treat epilepsy



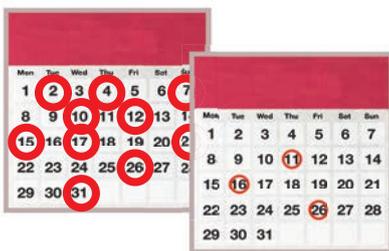
Epilepsy can be treated.  
Your doctor will give you medicine to take. This is usually tablets.



If you find it hard to swallow tablets,  
your doctor might give you a liquid to  
drink instead.



The medicine can help to stop your  
seizures.



You might still have some seizures,  
but they may not happen as often.



If the medicine does not stop your  
seizures, your doctor may give you a  
different medicine to try.



Sometimes, you might need to take 2 or more different medicines before you feel better.



## Taking your medicine

It is important to take your medicine every day.



If you stop taking it, your seizures might come back.

This can also happen if you forget to take your medicine.



Here are some ideas to help you remember to take your medicine.

You could:



- set up an alarm on your phone or on a smart speaker



- use a special box for pills. The box has the days of the week on it. You can get the box from your local chemist

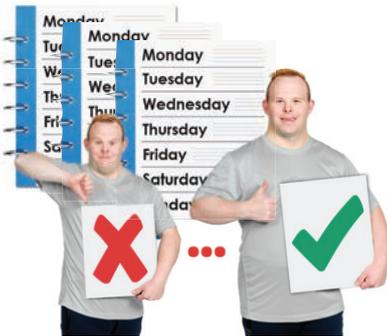


- ask your support worker or someone in your family to remind you to take your medicine

## Side effects



**Side effects** are things you might feel when you start taking a new medicine. Things like a headache or feeling sleepy.



This is OK. Your body needs time to get used to the new medicine.



If you do not feel better after a few weeks, you should tell your support worker or family.



You should never stop taking your tablets unless your doctor tells you to.



If you suddenly stop taking your medicine, you might have a seizure.

## Other types of treatment



Some people will always have seizures even though they take medicines.

If this happens, your doctor might suggest a different treatment for you. This could be:



- an operation on your brain

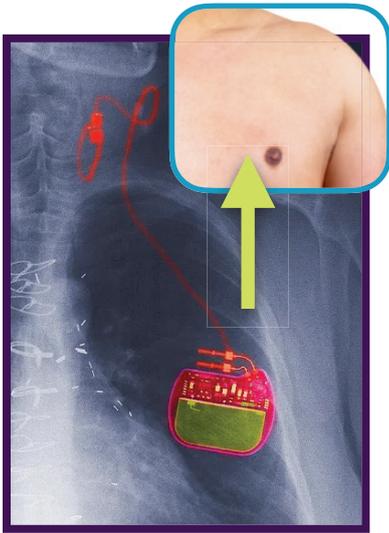


- a special diet called a **ketogenic diet**. Your **diet** is things you eat and drink.

A **ketogenic diet** is very strict. You cannot eat much sugar at all on this diet. A lot of the foods you need to eat are high in fat.



Your doctor will tell you if you need to follow this diet.



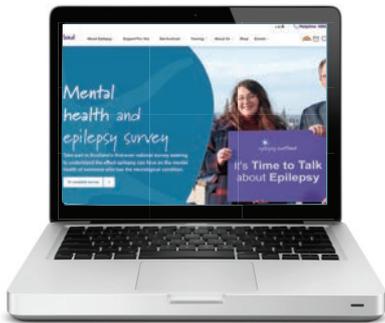
- an operation to put a small device under your collar bone.

The device is called a **Vagal Nerve Stimulator**. It sends electrical messages called **signals** to your brain.



These signals can sometimes stop a seizure from happening.

## More information about epilepsy



We have lots of information about epilepsy on our website:

**[www.epilepsyscotland.org.uk](http://www.epilepsyscotland.org.uk)**



We also have more easy read leaflets about epilepsy. We can send you copies of the leaflets in the post.



You can phone us to ask for a leaflet on:

**0808 800 2200**



Or email us at:

**[contact@epilepsyscotland.org.uk](mailto:contact@epilepsyscotland.org.uk)**

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