

First Non-Febrile Seizure – Discharge Instructions

Instructions for After Your Child's First Seizure

Important Things to Do:

1. Your child will take a brain wave test called an electroencephalogram (EEG) soon. The EEG lab will call you to make an appointment. If needed, more tests may happen.
2. Call the Neurology Clinic 5-7 days after the EEG for results.
3. Your child will be seen in the Neurology Clinic.
4. Your child got an emergency medication for seizures today. Follow the instructions for using it.

Phone Numbers:

- ❖ From 8 AM to 4 PM, call our office at (816) 234-3490 for questions.
- ❖ After 4 PM, on weekends or holidays, call (816) 234-3000 and ask for the Neurology provider on call. This is for urgent questions, not medicine refills. For emergencies, call 911.

Questions Parents Ask:

1. Will my child have another seizure?
 - About 75% of healthy kids do not have more seizures.
2. Could my child die from a seizure?
 - The risk of a child passing away after a first-time, unprovoked seizure is very low.
3. Does it cause brain damage?
 - Short seizures do not cause brain damage. Long ones (over 30 minutes) can hurt the brain. Use emergency medicine for seizures lasting more than 5 minutes.
4. What precautions does my child need to follow?
 - Always watch your child around water (such as a bathtub or swimming pool). Showers are okay if an adult knows the child is in the shower and the door is not locked.
 - Your child may play sports.
 - Your child should wear a helmet for anything with wheels (such as a bike or skates)
 - Watch your child if playing on something high (such as on monkey bars or swings) or doing an activity like horseback riding or rock climbing.
 - Older children should not cook on a stove for six months after a seizure. Using the microwave is okay.
 - Your child should not drive for six months after a seizure. If your child has not had a seizure for six months, they may drive again.
 - Your child should be supervised if using any vehicle with a motor or heavy machinery (such as an ATV, tractor, or lawnmower)
5. How do I reduce seizure risks for my child?
 - Do not let your child use alcohol or drugs.
 - Make sure your child gets enough sleep.

Extra Help:

Watch special videos



- What is a seizure?
- What should I do if my child has a seizure?
- Are there special precautions I need to take for my teen?

If you have more questions, call the Neurology Clinic during the day. For urgent things after hours, call the on-call neurology number. Remember, in emergencies, call 911 or go to the nearest emergency room.