

PREGNANCY

Seizure Disorder and Pregnancy



PREGNANCY

800.414.6580

HOW CAN PREGNANCY AFFECT SEIZURES?

Up to one third of women with epilepsy will have more seizures when they are pregnant. This is true even if they keep taking their seizure medicine. The amount of seizure medicine in your blood can change while you are pregnant and right after you have your baby. Your doctor may need to check your blood levels more often during this time.

There are other issues you need to consider when you are pregnant and have a history of seizures. You may be more likely to have morning sickness and vaginal bleeding. There is also an increased risk of premature labor and delivery.

CAN I BREASTFEED IF I HAVE SEIZURE DISORDER?

It is normally safe to breastfeed your baby. All seizure medicines can be found in small amounts of breast milk. Usually, it is safe for the baby. You should talk to your doctor first before you breastfeed.

THINGS TO REMEMBER:

- Know the name of your medicine. Take your medicine every day as your doctor instructed.
- Get your medicine filled at least 3 days before taking your last pill.
- See a specialist (neurologist) regularly, at least yearly or more often as your doctor recommends.
- Do not drive if your seizures are not controlled.
- Do not use drugs or alcohol.

- Have a blood test done regularly to check how much medicine is in your body.
- Try not to be left alone.

CALL YOUR DOCTOR IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- Extreme fatigue
- Changes in vision
- Sleepiness
- Sleep problems
- Nausea and vomiting
- Involuntary eye movement
- Over activity
- Irritability
- Confusion
- Slurred speech

HAVE AN EMERGENCY PLAN IN PLACE IN CASE YOU HAVE A SEIZURE:

- Have an emergency contact phone number available at all times.
- Call 911 at the first sign of a seizure.
- Make sure your family and friends know the signs of a seizure.
- Have family and friends remove any objects that may hurt you during a seizure.



FOR MORE INFORMATION about pregnancy, call Care Management at 1.800.414.6580 (TTY: 1.800.473.0989).



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Medicaid & Medical Assistance