

## 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).

This managed health care plan may not cover all your health care expenses. Read your contract and/or member handbook carefully to determine which health care services are covered. If you need help reading this information, please call Unison at 1.800.414.9025. The information in this notice is available in other languages and formats by calling Member Services at 1.800.414.9025 (hearing-impaired: 711). For more information, we are available Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday 8 a.m. to 8 p.m. You can reach us at 1.800.414.9025 (hearing-impaired: 711).

La información de este aviso está disponible en otros idiomas y formatos si llama a Servicios para Miembros al 1.800.414.9025 (711 para las personas con deficiencias auditivas). Si necesita ayuda para traducir esta información, por favor comuníquese con el departamento de Servicios a miembros del Unison al 1.800.414.9025 (711 para las personas con deficiencias auditivas).

ព័ត៌មាននេះអាចមានសំបុត្របន្ថែម: មានជូនជាភាសាជួសជុលទៀត និងក្នុងទម្រង់អូឌីយ៉ូ តាមរយៈការទូរស័ព្ទទៅខាងសេវាសម្រាប់អ្នកមានការរំខានស្តីពីស្តី 1.800.414.9025 (ចំពោះអ្នកមានបញ្ហាខាងការស្តាប់លើខ្លះ 711)។

此通知里的信息有其它语言及格式, 请致电 1.800.414.9025 (听力有障碍人员请转分机 711) 联系会员服务处索取。

Информацию, содержащуюся в данном извещении, можно получить на других языках и в иных форматах по телефону отдела обслуживания участников: 1.800.414.9025 (для лиц с нарушением слуха: 711).

Thông tin trong thông báo này có sẵn bằng các định dạng và thứ tiếng khác bằng cách gọi Dịch Vụ Thành Viên theo số 1.800.414.9025 (người khiếm thính: 711).