

For Further Information

Contact the Neuro-diagnostic Unit

9.00am to 5.00 pm

Monday to Friday

9895 4639

Protecting Your Privacy

Eastern Health is committed to protecting your privacy. We will keep your personal information secure and disclose information about you only when required by law.

We comply with relevant information and privacy legislation. If you would like more information, please ask a staff member or visit our web site www.easternhealth.org.au

Eastern Health is accredited by the Australian Council on Healthcare Standards.



If you have any English language difficulties, please ask staff to book an interpreter. From home, you can contact us directly by using the Telephone Interpreter Service 13 1450. Interpreter services are provided free of charge. Ask staff to check if this information is available in your preferred language.



5 Arnold Street,
Box Hill, Victoria, 3128 Australia
P: 1300 342 255

: www.easternhealth.org.au

© Eastern Health 2015

Authorised by Eastern Health (NEURO 0115 610.1)



FIRST SEIZURE CLINIC

FIRST SEIZURE CLINIC

Clinic Referral

Your doctor thinks you may have had a seizure and would like you to see a specialist doctor who can investigate the possible causes of your seizure. You can make an appointment to see this doctor on a Friday afternoon. This clinic is called the First Seizure Clinic. What you need to do:

1. Prior to attending this clinic you need to have an electroencephalogram (EEG). The purpose of an EEG is to provide information to the doctor so you can discuss whether or not you had a seizure. This test involves attaching electrodes to your head to study your brain waves. It is not invasive or painful and usually takes about an hour.
2. Please contact the **Neuro-diagnostic Unit between 9.00am and 5.00 pm, Monday to Friday on 9895 4639** to organise for the EEG. It usually takes within two weeks to get an appointment.
3. We will then book you in to the earliest available appointment to be seen in the First Seizure Clinic. Usually this will occur within two weeks of having your EEG. When making your appointment for an EEG please inform the clerical staff that this is for the First Seizure Clinic.

Advice about driving

As the doctor who referred you to the clinic suspects you may have had a seizure you should **not drive** until you have been seen in the clinic.

There are laws governing your ability to drive following a suspected seizure.

Appropriate long term driving advice will be given to you by the doctors in the First Seizure Clinic. Also, it would be wise to **avoid working at heights or with dangerous machinery** until you have been to the clinic.

How someone can help you if you have another seizure:

1. Remain calm. The seizure will end in a minute or two and the first thing to do is to make sure that the person having the seizure will not injure themselves. This may mean lying them down on the floor and moving objects such as furniture away from the seizure vicinity.
2. If it is possible during the seizure, the person should be turned on their side. This may not be possible until the seizure has actually stopped.
3. Do **NOT** put anything in the mouth or try to restrain the person having the seizure. The seizure will stop of its own accord and the tongue cannot be swallowed.
4. After the seizure the person can be made more comfortable by having a towel or pillow placed under their head whilst they are on their side. There may be some confusion, disorientation and/or tiredness after the seizure, so the attending person should remain nearby.
5. If the seizure is prolonged (more than 5 minutes) or another seizure occurs the same day or if you are worried you should contact your local doctor or call an ambulance immediately.