

Your child has had a seizure – what next?

General Practitioner (GP) review

- We recommend your child sees their General Practitioner/Family Doctor in the next few days for review, and to make sure your child has made a full recovery.

Follow up arrangements

- Your child will be referred for an appointment at a Starship outpatient clinic. At the appointment we will review progress, see if we can find a cause for the seizure, and discuss any other investigations or treatments we may recommend.
- Investigations may include EEG recording and/or MRI scan (see [Further Information below](#) for more details about these procedures and what they involve)
- You will be informed about the appointment date and time by a letter and text message. Please ensure your contact details are up-to-date.

What if my child has another seizure?

- Lie your child on the floor away from objects that may cause harm
- Do not try to open your child's mouth
- Do not put anything inside your child's mouth
- Phone for an ambulance (dial 111) if seizure lasts longer than 5 minutes
- Place child on their side in the recovery position after the seizure while they recover.

If you can, try to video the seizure (after making sure your child is safe). This can be very helpful to help work out the type of seizure your child has had. Bring it with you to your outpatient appointment.

Safety

There are some activities that put your child at increased risk of injury if they have a seizure. We recommend:

- Adult supervision of your child near water (including swimming and bathing)
- Your child should avoid bike riding in heavy traffic
- Your child should avoid climbing to heights greater than one metre.

Further information

You can find further information about seizures, epilepsy, EEG and MRI here:

<https://www.starship.org.nz/media/559077/epilepsy-and-seizures-final.pdf>

<https://www.kidshealth.org.nz/eeg-electroencephalogram>

<https://www.kidshealth.org.nz/mri-magnetic-resonance-imaging>

In the meantime, if you have any questions or concerns please see your General Practitioner.