

PATIENT INFORMATION SHEET

SYMPTOM OVERVIEW

UNDERSTANDING SEIZURES WITH NO PRIOR HISTORY



- Experiencing convulsions, muscle spasms, loss of consciousness, or altered sensory experiences when you have no history of seizure disorders.
- These symptoms can be sudden and unexpected, causing understandable concern and alarm.

WHAT IT MIGHT INDICATE

- Urgent condition: A seizure without a previous history could be due to various acute conditions, including electrolyte imbalances, high fever (febrile seizures), head injuries, infections affecting the brain, or even the sudden onset of a seizure disorder.
- Other potential causes include reactions to medications, drug or alcohol withdrawal, or serious medical conditions like meningitis, encephalitis, or brain tumors.
- Please note: A seizure is a medical emergency when it's the individual's first one, lasts longer than 5 minutes, or when seizures occur close together without recovery in between.

IMMEDIATE ACTIONS

- If someone is having a seizure, ensure they are safe from any surrounding hazards.
- Turn the person gently onto one side to help keep the airway clear.
- Do not put anything in the person's mouth or try to hold them down.
- Time the seizure and call emergency services if it lasts longer than 5 minutes or if it's the person's first seizure.

WHEN TO CONTACT US



- After an initial seizure and subsequent medical evaluation, contact us for follow-up consultations, additional diagnostic considerations, or ongoing management strategies.
- If you're seeking further guidance, alternative treatment options, or a second opinion post-seizure, our service can provide expert advice and specialist referrals.

WHAT TO EXPECT DURING OUR ONLINE CONSULTATION

- Our specialist will inquire about the seizure, the circumstances surrounding it, medical history, and any medications you're taking.
- You may be asked about the specifics of the seizure, including any warning signs, the course of the seizure itself, and how you felt afterward.
- Further diagnostic tests (like EEG, MRI, or blood tests) or referrals to neurologists or other specialists may be recommended based on the seizure's characteristics.

PREPARATION FOR YOUR APPOINTMENT

- Be ready to discuss in detail the seizure episode, including any potential triggers, symptoms experienced before, during, and after the seizure, and its duration.
- Compile a list of all medications and supplements you're taking, including dosages.
- Ensure you're in a quiet, well-lit room with a stable internet connection for the video call.
- Have any questions about your symptoms, potential causes, or treatment options written down and ready to ask.

DISCLAIMER

This information sheet is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your healthcare provider with any questions or concerns you may have regarding your condition.

CONTACT US

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-  [Book a Free Consultation](#)

