

When	Planning	Check
12 months prior to conception	<p>Speak with your GP or neurologist to discuss relevant issues for before, during & after pregnancy (fertility, potential impact on baby, seizures, support etc)</p> <p>Think about what antenatal clinic you will attend or source an obstetrician</p>	<input type="checkbox"/>
6-12 months prior to conception	<p>Discussion with the neurologist or GP</p> <ul style="list-style-type: none"> ○ your type of epilepsy, risk of seizures ○ how pregnancy may affect seizures ○ understand risks to mother & child ○ how to avoid triggers, how to reduce risks ○ what to do if seizure happens ○ anti-seizure medications ○ genetic counselling, genetic testing ○ breastfeeding ○ emergency medication (if necessary) ○ vitamin supplementation 	<input type="checkbox"/>
6-12 months prior to conception	<p>Aim for best seizure control before pregnancy</p> <p>Medication review with neurologist or GP</p> <ul style="list-style-type: none"> ○ Suitable medications for pregnancy ○ Pre-pregnancy medications levels checked if necessary ○ Possible dose adjustments ○ Take medications as prescribed ○ See Medications, Epilepsy & Pregnancy <p>Make necessary lifestyle changes</p> <ul style="list-style-type: none"> ○ adequate sleep, manage stress ○ good diet & health (stop alcohol, illicit drugs, smoking, reduce caffeine, exercise) ○ support from family & friends 	<input type="checkbox"/>
3 months prior to conception & first trimester	<p>Taking recommended pregnancy vitamins, supplements, & folic acid (speak to your Neurologist about other vitamins that may help)</p>	<input type="checkbox"/>
	<p>See EAA Pregnancy Factsheet</p> <p>Read about Seizures in the Womb</p> <p>Contact us for further information & support 1300 374547 epilepsy@epilepsy.org.au</p>	<input type="checkbox"/>
Other Useful information	<ul style="list-style-type: none"> ○ Know common household substances & ○ Foods you should avoid during pregnancy 	<input type="checkbox"/>

Fact Sheet: **Pregnancy Checklist**

When	Planning	Check
Pregnancy		
First trimester	See your GP as soon as you know you are pregnant. If your pregnancy is not planned, don't panic, continue to take your medication & make an appointment with your doctor as soon as you can.	<input type="checkbox"/>
First trimester	Contact Australian Pregnancy Register 1800 069 722 Lots of information available to help in planning & having a chat can help relieve anxiety & stress. APR provide ongoing support & resources	<input type="checkbox"/>
First trimester	Make an appointment with an obstetrician (if you have one) or antenatal clinic, & where possible, attend neurology appointments.	<input type="checkbox"/>
First trimester	Book the hospital, birth centre & antenatal classes. Check Maternity Leave	<input type="checkbox"/>
First trimester	Your GP or Neurologist might wish to check your anti-seizure medication levels progressively through your pregnancy & afterwards, depending on which medication you are taking (some levels may drop so the doses may need to be increased).	<input type="checkbox"/>
First trimester	Your GP, Obstetrician, Neurologist or Midwife may suggest some screening tests to be undertaken.	<input type="checkbox"/>
First trimester	Sign up for a week by week online pregnancy guide or app. You receive weekly notifications about baby & what to expect with your pregnancy. Pregnancy week by week	<input type="checkbox"/>
Throughout	Keep track of seizures if they are occurring with EpiDiary Develop a seizure management plan if necessary	<input type="checkbox"/>
Throughout	Avoid your known seizure triggers. <ul style="list-style-type: none"> ○ Manage morning sickness ○ Healthy diet, no alcohol ○ Allow for a rest time each day, adequate sleep ○ Manage stress 	<input type="checkbox"/>
As advised by Doctor	Take your recommended vitamins, folic acid as recommended by your doctor.	<input type="checkbox"/>
First trimester (onwards to third trimester)	Think about a birth plan (discuss with doctor) including: <ul style="list-style-type: none"> ○ Type of birth you would like ○ If you have a Vagus Nerve Stimulation device, does it need to be switched off in case of emergency surgery? ○ Analgesia considerations ○ Planned actions if a seizure happens 	<input type="checkbox"/>

Fact Sheet: **Pregnancy Checklist**

When	Planning	Check
First trimester (onwards to third trimester)	<p>Think about an advanced birth plan to cover medications & support after delivery & the next few days (talk to Neurologist & Obstetrician)</p> <ul style="list-style-type: none"> ○ Do you need an extra day or two in hospital? ○ If seizures are not controlled, do you need a room-in person to help with baby to try to avoid sleep deprivation ○ If your anti-seizure medication doses have been increased during pregnancy, discuss having a written plan by your Neurologist as to how & when they may be reduced & whether another medication blood level is recommended 	<input type="checkbox"/>
	<p>Many women with epilepsy experience anxiety & depression even before thinking about a pregnancy & this can lead to an increase in these feelings during the pregnancy & may lead to post-natal depression. If you are feeling like you need help with this, seek support. See EAA Factsheet Depression, Anxiety and Epilepsy for more information</p> <p>Read about Perinatal Depression and PANDA for support</p>	
	<p>Plan ahead for looking after baby</p> <ul style="list-style-type: none"> ○ New baby checklist ○ Essential equipment ○ Safety & day to day considerations ○ Support ○ Transport 	<input type="checkbox"/>
Going Home		
Before going home	Medications to be reviewed by doctor (may need adjustments if changed during pregnancy)	<input type="checkbox"/>
Newborn	<ul style="list-style-type: none"> ○ Support for care of the baby especially if you are experiencing seizures ○ Safety considerations <p>For tips see EAA Parenting Factsheet</p>	<input type="checkbox"/>
Newborn - Toddler	<p>Sleep & rest for you</p> <ul style="list-style-type: none"> ○ Support from partner, family or friends ○ Organise a schedule as much as you can ○ Breastfeeding is encouraged & linked with positive health benefits for baby & mother. The use of anti-seizure medications while breastfeeding usually does not pose significant additional risks. MotherSafe is a good resource for this information 	<input type="checkbox"/>
Growing up	<p>Parents with epilepsy, might experience some challenging moments or concerns during parenthood. There are ways you can reduce the risk of seizures. For more information: Parenting when you have Epilepsy</p>	<input type="checkbox"/>