

General discussion guide for women with epilepsy

- Relationship between hormones, seizures and epilepsy
 - Influence of menstrual cycle on seizures (catamenial epilepsy)
 - Influence of hormonal changes (pregnancy, menopause) on seizures
 - Importance of planning a pregnancy
- Antiseizure medications
 - Effects on contraception, libido, fertility and other relevant issues
 - Managing seizures affected by hormonal change, lifestyle adjustments

Pregnancy checklist for women with epilepsy

- Planning
 - Folate supplementation and any other necessary supplementation
 - Avoiding unexpected pregnancy
 - Reviewing anti-seizure medications - optimal seizure control with preferably one medication
 - Possible medication levels check pre-pregnancy
 - Discuss depression
- Anti-seizure medication
 - Effects on foetus
 - Breastfeeding
- Risks to mother and baby
 - Seizures during pregnancy
 - Medications
 - Seizures vs medications
- Contingencies – seizure triggers
 - Extreme morning sickness – how to manage medication
 - Tiredness and fatigue
 - Lifestyle management
- Monitoring foetus
 - Frequency of review and monitoring during pregnancy



Discussion post-pregnancy

- Re-adjusting anti-seizure medication if necessary
- Breastfeeding
 - Anti-seizure medications and baby
 - Keeping yourself healthy
- Managing lifestyle and baby
 - Getting enough sleep
 - Fatigue and stress
 - Getting help – services and support
- Safety for mother and baby
 - Reducing risks

For more information

EAA Factsheet: [Women and Epilepsy](#)
EAA Factsheet: [Epilepsy and Pregnancy](#)
EAA Factsheet: [Pregnancy Checklist for Women with Epilepsy](#)
EAA Website:
[Womens issues](#)
[Seizures in the Womb](#)
[Epilepsy Self Management](#)

Contact Epilepsy Action Australia
1300 37 45 37 to speak with an Epilepsy Nurse
www.epilepsy.org.au

[Australian Pregnancy Register](#) are seeking women who are taking antiseizure medications, who are pregnant or have recently given birth, to help us understand the effects of these medications on the mother and developing baby during pregnancy. **Phone 1800 069 722**



Further Reading: AFP Neurology. Epilepsy in pregnancy. A collaborative team effort of obstetricians, neurologists and primary care physicians for a successful outcome. Vol 43, No.3, Mar 2014 pg 112-116
<https://www.racgp.org.au/afp/2014/march/epilepsy-in-pregnancy/>