

SUDEP & Safety Checklist Consultation



Take this to your GP or treating doctor to help you discuss epilepsy risks

Sudden Unexpected Death in Epilepsy (SUDEP) is when a person with epilepsy dies suddenly and unexpectedly, and no other cause of death is found. While rare, certain factors can increase your SUDEP risk. Understanding your risks can help manage and lessen them.

To help raise awareness and understanding of SUDEP, Epilepsy Action Australia has available the [SUDEP and Seizure Safety Checklist](#), the only resource in of its kind in Australia. The aim of the checklist is to promote discussion about individual risk factors so a plan can be put in place to reduce those risks. There is a Checklist for adults and another version for children.

The Checklist must be done with a healthcare professional – such as your GP or an Epilepsy Nurse

The Checklist is a quick and easy tool that can be used during a short consultation. Based on the latest research into epilepsy-related risks - including premature death - it provides a practical way to discuss safety and supports informed decision-making. It is free, evidence-based, and designed to fit seamlessly into routine clinical practice.

To prepare for the SUDEP and Seizure Safety consultation:

1. **Speak to your doctor in advance** about this. This gives them the opportunity to download the Checklist prior. If they are happy to proceed, then book a longer appointment next time to go through it. Even though this Checklist can be completed quickly, it may raise issues and questions so allow extra time.
2. If your GP or healthcare provider is uncertain about discussing this topic, **our Epilepsy Nurses are more than happy to talk it over with you.** Just call 1300 37 45 37, email epilepsy@epilepsy.org.au or [make a telehealth booking with an Epilepsy Nurse](#)
3. **Bring any useful information** such as a list of your current medications and recent seizure and epilepsy-related details (a seizure diary if you have one).

Why ask for a SUDEP & Safety Checklist?

It helps your doctor review your seizures, medications, lifestyle, and health, identify modifiable risks to reduce serious events, and update your epilepsy management plan, including referrals if needed.

Remember:

Most people with epilepsy live long, fulfilling lives. Regularly reviewing your risks and safety plan is one of the best ways to improve safety.

The SUDEP and Seizure Safety Checklist, developed by the SUDEP Action UK & Cornwall Partnership NHS Foundation Trust, has been adapted by Epilepsy Action Australia to suit Australians.