

CLINICIAN CHECKLIST: FOR WOMEN WITH EPILEPSY

CHECKLIST

WOMEN WITH EPILEPSY CHECKLIST

General discussion guide for women with epilepsy	Check
Relationship between hormones, seizures and epilepsy <ul style="list-style-type: none"> Influence of menstrual cycle and hormonal changes on seizures (catamenial epilepsy, pregnancy, menopause) Importance of pregnancy planning 	<input type="checkbox"/>
Antiseizure medications <ul style="list-style-type: none"> Effects on contraception, libido, fertility and other relevant issues Managing seizures affected by hormonal change, lifestyle adjustments 	<input type="checkbox"/>
Pregnancy checklist for women with epilepsy	
Planning <ul style="list-style-type: none"> 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 	<input type="checkbox"/>
Anti-seizure medication <ul style="list-style-type: none"> Effects on foetus, possible necessary changes, breastfeeding 	<input type="checkbox"/>
Risks to mother and baby <ul style="list-style-type: none"> Seizures during pregnancy Medications Seizures vs medications 	<input type="checkbox"/>
Contingencies – seizure triggers <ul style="list-style-type: none"> Extreme morning sickness – how to manage medication Tiredness and fatigue Lifestyle management 	<input type="checkbox"/>
Monitoring foetus <ul style="list-style-type: none"> Frequency of review and monitoring during pregnancy 	<input type="checkbox"/>
Discussion post - pregnancy	
Re-adjusting anti-seizure medication if necessary	<input type="checkbox"/>
Breastfeeding <ul style="list-style-type: none"> Antiseizure medications and baby Keeping yourself healthy 	<input type="checkbox"/>
Managing lifestyle and baby <ul style="list-style-type: none"> Safety for mother and baby, reducing risks Getting enough sleep Fatigue and stress Getting help – services and support 	<input type="checkbox"/>

For more information

Factsheets:

[Women and Epilepsy](#)

[Epilepsy and Pregnancy](#)

[Pregnancy Checklist for Women with Epilepsy](#)

Website:

[Womens issues](#)

[Epilepsy and Menopause](#)

[Seizures in the Womb](#)

[Epilepsy Self Management](#)

Ask an Expert Interview with Dr Michelle Kiley Epileptologist:

[Women with Epilepsy](#)

The Australian Pregnancy Register are seeking women 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 or [Click Here](#) to register your patient.

Contact Epilepsy Action Australia
1300 37 45 37 to speak with an Epilepsy Nurse
Or email epilepsy@epilepsy.org.au
Website: www.epilepsy.org.au