

# Time to Talk About Seizures and Rescue Therapies

Is a rescue therapy right for you or your loved one? Make a plan to talk with your health care team. Fill out the conversation guide below. Show it to your health care team.

## Bring to your appointment

- This conversation guide
- Your medications
- Your seizure action plan, if you have one
- Your seizure diary or records, if you have them

## Tips for talking with your health care team

- Write down your questions before the visit
- Bring someone with you or record the visit
- Take notes during visit

## Do you have a seizure action plan?

- Yes (bring it to every appointment!)
- No
- I don't know/ I'm not sure

## Do you know what a seizure rescue therapy is?

- Yes
- No
- I don't know/ I'm not sure

## Have you ever heard of seizure clusters?

- Yes
- No
- I don't know/ I'm not sure

## Do you have times when you are more likely to have seizures or when they are different from usual?

- Yes
- No
- I don't know/ I'm not sure

Have you ever had...	Yes	No	I don't know/ I'm not sure
Periods or groups of seizures that are different from usual?			
Seizure clusters?			
A seizure that lasted longer than usual?			
A seizure with loss of consciousness longer than 5 minutes?			
Status epilepticus?			
An injury during or after a seizure?			
Someone tell you they were worried about your safety during or after a seizure?			
A trip to the ER or hospital stay because of a seizure?			
A prescription for a seizure rescue medication?			

## Questions for my health care team:

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# Seizure Rescue Therapies: Frequently Asked Questions

## When should I talk about rescue therapy with my health care team?

- At every visit
- Or when there is a change in your seizures, health, or living situation

## When is a rescue therapy used?

- When seizures are different from usual
- When groups of seizures, more seizures, or longer seizures happen (this may be related to certain situations or triggers)

## Who can give a rescue therapy?

- Anyone who has been trained in how to use it
- Does not need to be a health care professional
- Can be used anywhere – at home, school, in the community

## What is a seizure action plan?

- Written guide created together with your health care team
- Can help you talk about seizures with others
- Tells others what to do when a seizure happens
- Tells others when, why, and how to use a rescue therapy (if prescribed)
- Includes daily seizure medications

## What is a rescue therapy?

- Seizure medication prescribed by a health care provider
- Given to interrupt or stop a seizure or group of seizures
- Used only at certain times, as instructed by a health care provider
- Not used every day
- Does not replace the seizure medication you take every day

## What prescription medicines can be used as rescue therapy?

- Diazepam rectal gel (Diastat)
- Diazepam nasal spray (Valtoco)
- Midazolam nasal spray (Nayzilam)
- Other medications placed in the mouth are sometimes used

## Where can I learn more about rescue therapies and seizure action plans?



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[www.conversationsaboutepilepsy.org](http://www.conversationsaboutepilepsy.org)

## Where can I find a seizure action plan?

- Seizure Action Plan Coalition (English, Spanish) <https://seizureactionplans.org/sap-examples/>
- Epilepsy Alliance America ASAP (English, Spanish) <https://www.epilepsyallianceamerica.org/programs-services/seizure-action-plan/>
- Epilepsy Foundation SAP (English, Spanish, Chinese, Korean, Tagalog, Vietnamese) <https://www.epilepsy.com/preparedness-safety/action-plans>
- Child Neurology Foundation (English, Spanish) <https://www.childneurologyfoundation.org/epilepsy-education-hub/>

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