Steps to Reduce SUDEP

1. Control your seizures. Have regular discussions with your healthcare provider if seizures are not controlled.

2. Take your medication as prescribed and try not miss a dose. Set reminders or alerts if you have difficulty remembering. Talk to your doctor about what actions you should take if you miss a medication.

3. Have a seizure action plan. Make sure to update frequently and give to others who would need to utilize it.

4. Make sure you read and understand over-the-counter medications and dietary supplements and how they may interact with your current medicines. Discuss which over-the-counter medications are safe to take or who should be avoided with your healthcare provider. Check with your pharmacist on what could interfere with your current seizure medicines. For example, medication such as Benadryl are in many over the counter medication for colds and allergies. Benadryl and other antihistamines in its class can lower your seizure threshold and should be avoided.

5. Create a balanced sleep schedule and practice good sleep hygiene. This extremely important during times of transition such as college, semi-independent, and independent living. As SUDEP often occurs at night, discuss with a close family and friends who may be of assistance.

6. Avoid drugs and alcohol. These can interfere with your seizure medication or lower your seizure threshold.

7. Those looking to start a family should proactively discuss with your healthcare provider prior to becoming pregnant. If you suspect you might be pregnant, please notify your health care provider as soon as possible to confirm pregnancy. Shifting hormones during this time can lead to an increase in seizures. Some medication may need to be changed and avoided during pregnancy. Your neurologist will be able to discuss these options with you.

More resources can be found at:

*   Epilepsy Foundation
*   Know SUDEP Now
*   Partners Against Mortality in Epilepsy
*   CURE Epilepsy
*   Seizure Action Plan Coalition
*   Danny Did Foundation