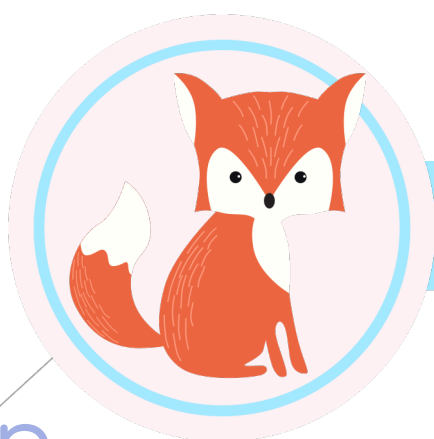


# Epilepsy in Pregnancy

The steps in the care of a woman with epilepsy before, during and after pregnancy



## Preconception

Counseling. Optimizing Epilepsy. Reducing the number of AEDs ( if possible) . Stopping Sodium Valproate if possible. Folic acid. Note seizure type and frequency. Advise to continue contraception till epilepsy optimisation

## Booking

Inquire- adherence to AED. Seizure type and frequency. Sleep deprivation. If unplanned pregnancy- advise not to stop AED abruptly. Arrange dating scan.

## During pregnancy

Assess mental health. Safety advice. Serial growth scans from 28 weeks. Anesthesia review for pain relief during labor.

## Delivery

Delivery in Consultant led Unit. Pain relief. Avoid Dehydration. Keep emergency medicines ready. Continue anti epileptic during labor..

## Postnatal

Re-inforce safety advice. Continue Anti epileptic. Dose adjustment needed if dose was increased during pregnancy. Avoid sleep deprivation. Assess for depressive symptoms.



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