



Seizure First Aid

What to do, and what not to do, during a seizure

PETSLIKEMINE
EPILEPSY

Watching a seizure is frightening, but there is very little you need to do, and a couple of things you must not. Most seizures stop on their own within a couple of minutes. Your job is to keep your pet safe, note the time, and stay calm.

- | Do | Do not |
|--|---|
| <input type="checkbox"/> Stay calm and start timing it | <input type="checkbox"/> Put your hands near the mouth (they cannot swallow their tongue, and you will be bitten) |
| <input type="checkbox"/> Move hard objects and furniture away | <input type="checkbox"/> Try to restrain or hold them still |
| <input type="checkbox"/> Dim the lights and keep noise down | <input type="checkbox"/> Move them, unless they are in danger |
| <input type="checkbox"/> Keep them away from stairs, water and edges | <input type="checkbox"/> Give anything by mouth during a seizure |
| <input type="checkbox"/> Film it if you safely can | |
| <input type="checkbox"/> Speak softly, stay nearby | |

WHEN A SEIZURE IS AN EMERGENCY

Go to your vet or the nearest emergency clinic **now**, and ring ahead, if a seizure lasts **more than 5 minutes**, OR there are **two or more seizures in 24 hours**, OR one seizure runs into the next without your pet waking up between them. A single short seizure with a normal recovery is not, by itself, an emergency, but still tell your vet about it.

WHEN IT STOPS

A spell of being disoriented, wobbly, extra hungry or thirsty, or even briefly unable to see, is normal afterwards and can last minutes to hours. Let them recover somewhere quiet and safe, offer water only once they are fully alert, and write the event in your seizure diary.

MY VET

OUT-OF-HOURS / EMERGENCY VET

Written and reviewed by Dr Alastair Greenway MRCVS and Claire Greenway BVM&S MRCVS. This sheet explains and records. It does not diagnose or prescribe. Always follow your own vet's instructions.

How to use. Print this, fill in your vet's numbers, and pin it on the fridge so anyone caring for your pet knows exactly what to do.

PIN THIS WHERE EVERYONE CAN SEE IT