CPNI
Cyprus Paediatric Neurology Institute
Παιδονευρολογικό Ινστιτούτο Κύπρου

LEAFLET FOR PARENTS AND PATIENTS

Seizure first aid and rescue medicine

Most seizures stop by themselves within a few minutes and do not cause harm. Knowing what to do helps you keep your child safe and stay calm. Please share this leaflet with grandparents, carers, teachers and coaches.

During a seizure: what to do

- ✓ Stay calm and stay with your child
- ✓ Note the time the seizure starts
- ✓ Move them away from danger, such as hard furniture, stairs, water or a road
- ✓ Cushion their head with something soft, and loosen anything tight around the neck
- ✓ If it is safe, film the seizure on your phone for your doctor
- ✓ When the jerking stops, roll your child onto their side (the recovery position) to help them breathe
- ✓ Talk gently and reassure them as they come round

During a seizure: what to avoid

- ✓ Do not hold them down or try to stop the movements
- ✓ Do not put anything in their mouth: they cannot swallow their tongue
- ✓ Do not give food or drink until they are fully awake
- ✓ Do not move them unless they are in danger

Rescue medicine

Children with epilepsy are usually prescribed a rescue medicine, such as buccal midazolam, for longer seizures. If your child has one:

- ✓ Follow their written care plan, which says when and how much to give, usually if a seizure lasts 5 minutes
- ✓ Keep the medicine with your child at all times, including at school, on trips and on holiday
- ✓ Check the expiry date regularly
- ✓ Make sure everyone who looks after your child knows where it is and how to use it
- ✓ Ask us if you would like a demonstration, or a care plan for school

After a seizure

- ✓ Your child may be sleepy, confused, have a headache or feel sick for a while: let them rest
- ✓ Stay with them until they are fully back to normal
- ✓ Write down what happened and how long it lasted

Staying safe every day

- ✓ Showers are safer than baths; never leave your child alone in water
- ✓ Swim only with an adult who knows about the seizures watching closely
- ✓ Wear a helmet for cycling, scooters and horse riding
- ✓ Keep regular sleep and give medicines on time: missed doses and tiredness are common triggers

When to call 112

Call 112 for an ambulance if:

- The seizure lasts more than 5 minutes and your child has no rescue medicine, or it continues 5 to 10 minutes after rescue medicine is given (as in their care plan)
- It is your child's first ever seizure
- Seizures follow one another without your child waking up in between
- Your child is injured, has trouble breathing, or their lips stay blue after the seizure
- The seizure happened in water
- You are worried, or this seizure is very different from usual

Seizure record

Recording each seizure, and a short phone video if it is safe to film, is one of the most helpful things you can bring to clinic.

Date and time	What happened	How long	Rescue medicine given?	Recovery

Contact CPNI

If you have questions or would like an appointment, please call our office on +357 22 476 627 or email cpni2007@gmail.com.

More leaflets and information: www.cpni.com.cy

This leaflet gives general information. It does not replace advice from your child's doctor.

Reviewed by Dr Paola Nicolaides, Consultant Paediatric Neurologist, November 2026.

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