

Date: _____

Name: _____

Example prompts for discussion with your healthcare professional. These questions can be raised at any time to help inform your decision making.



-  **Contraception / Birth control**
 - What contraception is appropriate for me?
 - Will my antiseizure medication (ASM) and contraception interact and cause the other to be less effective?
 - Will taking the morning after pill impact the effectiveness of my ASM?
 - What should I do should I become pregnant?
-  **Pregnancy planning**
 - What if the medication controlling my seizures is considered high-risk during pregnancy?
 - Am I less likely to conceive due to my epilepsy or my medication?
 - If I need in vitro fertilization (IVF), will my IVF medication and ASM interact and cause the other to be less effective?
 - When should I talk to my neurologist about pregnancy planning?
 - How will different types of clinicians be involved in coordinating my care? What will their roles be?
 - Can epilepsy be passed on to my children?
 - When should I start taking supplements (e.g., folic acid) to improve the health of my pregnancy?
 - What are the risks and benefits of changing my ASM(s) to improve pregnancy outcomes?
 - Should I change my ASM(s) to improve pregnancy outcomes? If so, when?
-  **Early pregnancy**
 - Will pregnancy and hormone changes impact control of my seizures?
 - What is the risk of breakthrough seizures during pregnancy and what can I do to prevent them?
 - Can I use seizure rescue medication during pregnancy?
 - How may seizures or ASM(s) affect my child's development and neurodevelopment (e.g., developmental delays, autism)?
 - Are there any pregnancy and epilepsy registries or research studies collecting data, and how can I contribute?
 - What should I start considering to help support parenthood (e.g., who takes time off work and duration, options for professional and financial support and how to access/apply, planning for childcare, including nighttime support)?
-  **Mid pregnancy**
 - Are screening tests for developmental or neurodevelopment abnormalities available to me during pregnancy?
 - Am I at higher risk of certain complications during pregnancy (e.g., preeclampsia, high blood pressure, mood disorders, or hemolysis, elevated liver enzymes, and low platelets syndrome)?
 - Is there a high-risk pregnancy support group I can join?
-  **Delivery**
 - What is the risk of having seizures during labor and delivery, and what can I do to prevent them?
 - What are my options for delivery? Are there potential risks?
 - How may epilepsy affect my ability to give birth vaginally or unassisted by medication?
 - If anesthesia is needed, can it have any impact on my ASM effectiveness?
-  **Postpartum**
 - Will my ASM(s) affect whether I can or should breastfeed?
 - How will a lack of sleep postpartum impact my seizure risk? How can I help lower that risk?
 - When do I need to resume contraception/birth control?
 - When is it safe to plan for another pregnancy?
 - How should I get back to my previous ASM dose (before pregnancy)?
 - Am I more likely to be diagnosed with certain conditions after pregnancy (e.g., postpartum depression)?
 - Where can I find more information and support?
-  **Parenting**
 - How can I keep my child and myself safe since I am at risk for seizures postpartum?
 - What additional resources should I consider to help support me at home with parenting and managing my seizure risk?
-  **Child development**
 - What should I keep in mind about child development?
 - Are there any early intervention or screening clinics for neurodevelopmental conditions (e.g., autism) available to my child?
 - Should I tell my pediatrician about the ASM(s) I used during pregnancy?