

# Safe Pregnancy in Epilepsy Checklist



Neuro+

Epilepsy &  
Parkinson's Clinic

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Click: [www.drkharkar.com/epilepsy-pregnancy\\_for\\_the\\_latest\\_version,\\_complete\\_guide\\_&\\_Medication\\_lists.](http://www.drkharkar.com/epilepsy-pregnancy_for_the_latest_version,_complete_guide_&_Medication_lists.)

## Schedule

- Talk to your doctor at least **one year before** trying to become pregnant.

## To avoid pregnancy

- Some seizure medications can cause oral contraceptives to fail. **Use condoms.**

## Breakthrough seizures

- Try to be seizure free for **at least 1 year** before getting pregnant.
- If you are not seizure-free, talk to your doctor about Epilepsy surgery.

## Heredity (Inheritance)

- Understand that most children born to women with epilepsy, do NOT have epilepsy.
- Discuss genetic testing with your doctor.

## Teratogenicity (Harm to Baby)

- Check** if you are taking one of the more unsafe medications ([www.drkharkar.com](http://www.drkharkar.com)).
- Ask your doctor: Can I be **switched** to one of the safer medications?
- Ask your doctor: Can we try **reducing** the dose of my medication?
- Ask your doctor: Can I take a **lesser number** of medications?
- Ask your doctor: Should I take **follic acid**? (*usually daily, higher dose, 1 month before pregnancy*)

## Fertility (once you start trying to get pregnant)

- Get treatment for PCOD, decreased libido and/or partner impotence, if needed.
- If you can't get pregnant, **check** if you are on a medication that can decrease fertility.

## During Pregnancy

- Do not stop** your seizure medications unless your doctor tells you to stop them!
- After checking with your doctor, take **follic acid** for at least the first 3 months.
- Inform your doctor **immediately** if you have a seizure, even a small one.
- If your doctor tells you to, **check the blood levels** of your seizure medications regularly.
- Make sure your gynaecologist is comfortable with childbirth in epilepsy patients.

## Childbirth

- Understand that most women with Epilepsy will have an uncomplicated childbirth.
- Follow gynaecologist recommendations - including caesarean section if needed.

## Breast Feeding

- Check if you are taking one of the more unsafe medications ([www.drkharkar.com](http://www.drkharkar.com)).
- No matter which medication you are on, talk to the pediatrician before breast feeding.