

EPILEPSY DURHAM REGION



Travel Tips For People With Epilepsy

People with epilepsy may want to consider some of these travel tips before they set foot on a new adventure. Planning ahead is advisable and will make traveling with heightened security a little bit easier.

- Wear a medical alert bracelet or necklace.
- Think about your type of seizure(s), frequency of seizures, and triggers. It is acceptable to travel by plane. Consider traveling with a companion who knows first aid for your seizures.
- Take two supplies of medication in labeled containers; one for your luggage, and the other to be kept in your daypack. A pillbox should be labeled as well.
- Talk to your doctor about how to take medication if you're traveling over different time zones.
- If traveling by plane consider jet lag and plan in your schedule to catch up on sleep.
- If you have a Vagal Nerve Stimulator (VNS), carry the registration card, a patient manual, and a letter from your doctor about the device (location, reason for magnet).
- Travel with a letter from your doctor stating your type of seizure, description of what to do if you have a seizure, a description of medications and doses you take, and if you have a VNS an explanation of its use.
- If traveling out of Canada, make sure you have travel insurance in case you have a seizure.
- If you need to travel with a companion and are traveling with VIA Rail, the companion can travel free if they're a member of Epilepsy Canada. Contact your local VIA Rail office for details.

Websites

<http://www.epilepsynse.org.uk/pages/info/leaflets/travel.cfm#keep>
<http://travel.roughguides.com/health/bpneedsepilepsy.html>
<http://www.epilepsyfoundation.org/epilepsyusa/travel.cfm>
http://www.webhealthcentre.com/general/travel_tips.asp
<http://epilepsyontario.org/client/EO/EOWeb.nsf/web/Travel+&+Transportation>

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