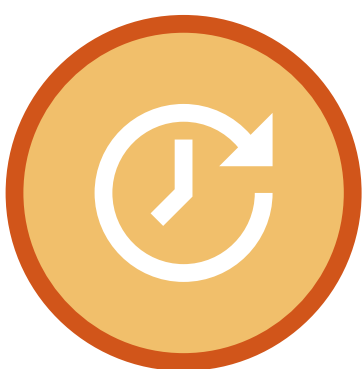


Epilepsy and Pregnancy



Over **90%** of women with epilepsy who are on safe seizure medications *before conception* have **healthy babies**

Protecting you and your baby if you have epilepsy:



Plan ahead for your pregnancy, if possible! Planned pregnancies are the safest pregnancies for women with epilepsy.



Talk to your doctor about safe anti-seizure medications and about breastfeeding on certain medications



Taking care of you is even more important for pregnant women with epilepsy. Take your vitamins and maintain sleep hygiene **pre and post-delivery**

This infographic is intended for informational purposes only and is not to be used as medical advice. Always seek medical advice from a neurologist if you are pregnant and have seizures.



Duke Epilepsy

