Epilepsy and Pregnancy

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.

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:

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.