

What should I do if my child has a further convulsion?

- Remove any excess clothing.
- **Do not** over wrap them.
- Loosen any clothing.
- Stay with your child ensuring they do not hurt themselves.
- Lay them down preferably on their side, **not** on their back.
- Note how long the convulsion lasts.
- Stay calm and wait for the convulsion to stop.
- Dial 999 for further assistance if the convulsion lasts longer than five minutes, or if it is your child's first convulsion.
- **Do not** try to put anything in your child's mouth
- **Do not** slap/shake them

Inform your GP if your child's fit stops and if they do not require hospital admission, as the GP may want to see your child.

Some frequently asked questions:

Is it epilepsy? No. The word epilepsy means that someone has had more than one fit without a fever.

Do febrile convulsions cause permanent brain damage? Short fits do not cause brain damage. Longer convulsions, lasting half an hour or more, may result in some permanent disability.

Will my child suffer pain or discomfort during the convulsion? No. Your child is unconscious and unaware of what is happening.

Is regular treatment necessary? Not usually. The doctor will discuss this with you if your child requires any medication to control the fits.

Will my child have another febrile convulsion? Possibly, three out of 10 children have more than one febrile convulsion but they are less common above the age of four years.

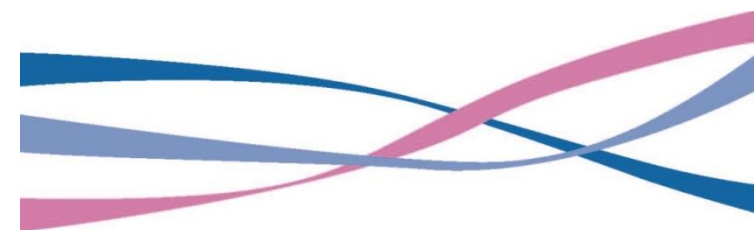
Is there any support for us when my child goes home? Yes. The children's Community Nurses can visit you. The ward staff will arrange this for you.

This leaflet is available in audio, Braille, large print and other languages. To request a copy, please telephone 01270 612073.



Febrile Convulsions

Information for patients and relatives



Child and Adolescent Unit (CAU)
Leighton Hospital
Middlewich Road
Crewe
Cheshire
CW1 4QJ
Direct line for CAU: 01270 612073

Your child has had a febrile convulsion

This leaflet explains what a febrile convulsion is. It gives you advice on prevention and information what to do if your child does have a further febrile convulsion.

Many parents have said that watching their child have a febrile convulsion is a very frightening experience. Some have even said that they thought that their child was dying. However, febrile convulsions are not serious as they look.

What is a febrile convulsion?

This is a medical term for a seizure or fit which is caused by a fever. It is most common in children aged between six months and six years, as their brains cannot cope with a high fever as well as adults. It usually lasts between a few seconds and five minutes.

Please note: Fits, seizures and convulsions all mean the same thing.

How will you recognise if your child is having a febrile convulsion?

If your child has a high temperature, normal electrical brain activity can become disturbed. This may cause them to:

- Jerk or twitch
- Become stiff or floppy
- Lose consciousness
- Have difficulty In breathing
- Roll their eyes
- Froth/foam at the mouth
- Change colour, become pale blue
- Clench their jaw
- Become unresponsive to your voice.

What can you do to try and prevent a further febrile convulsion?

If your child becomes unwell with a high temperature, here are some helpful hints.

Keep your child cool by:

- Reducing their clothing
- Ensuring they are drinking plenty of cold drinks
- Give them some medicines to reduce the fever, such as Paracetamol and/or Ibuprofen.

Please follow the correct dosage on the bottle.

If your child's temperature remains high despite trying these things, you will need to contact your GP in case any further treatment is needed. It is not always possible to prevent a febrile convulsion happening again.