epilepsy SOUTH AFRICA
Igniting the Flame of Potential

Cipla

Acute Seizure Action Plan (ASAP)[1]

This ASAP can be used in conjunction with your longer Seizure Action Plan. Having this shortened version may be helpful in the event of a seizure.



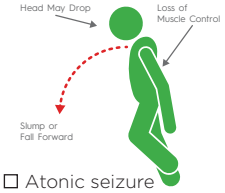
Name:	Birth date:	Today's date:
Care partner phone numbers:	Doctor's name:	
	Doctor's contact:	
	Doctor's email:	

Usual Seizure Pattern

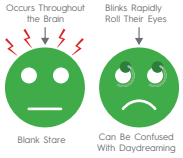
Triggers:

Pattern of seizures:

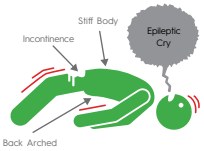
What the seizures normally look like (Check all that apply)



☐ Atonic seizure (also called drop)



☐ Absence seizure (also called petit mal)



☐ Tonic seizure



☐ Clonic seizure



☐ Focal impaired awareness seizure (also called complex partial)

Describe:

NOTES:

Care



Standard Care Needed

If this happens, _____ provide standard care

 Time the seizure	 **STAY with the person**	 Keep person **SAFE.**	 Turn the person onto their **SIDE**	 Keep a record
NOTES:	NOTES:	NOTES:	NOTES:	NOTES:



Provide Rescue Treatment

If this happens, _____ provide standard care (above) and rescue treatment

 ☐ Rectum	 ☐ Nose	 ☐ Mouth	**Specific instructions:** _____ ☐ Other: _____



Call for Emergency Help

If any of these happen,				Call an Ambulance
 ☐ Seizure longer than ___ minutes	 ☐ Unusual seizure	 ☐ Injury/Blue lips	☐ Other: _____	
NOTES:				

Date reviewed by a healthcare provider

Healthcare provider: _____ Date: _____

References: 1. Epilepsy and Emergency Seizure Management , Epilepsy South Africa, https://epilepsy.org.za/wp-content/uploads/2026/08/Emergency-Seizure-Management-2026-web-A4.pdf. Accessed 10 August 2026 2. Flame logo and character used with permission, Epilepsy South Africa. https://epilepsy.org.za.

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