Postpartum & Epilepsy—Questions to Ask Your Doctors

The postpartum period—the time right after you have your baby—can be exciting and nerve-wracking. Here are some questions to ask your doctors as you plan to care for yourself and your new baby:

• How do you recommend I have other adults—like my partner, family, friends, or hired caregivers—help me care for my baby?

• How will my epilepsy affect the basics of caring for newborns—like carrying and bathing them, and changing their diapers?

• What kind of sleeping arrangements should I prepare for my baby?

• How much sleep should I try to get to help control my seizures?

• Where can I get guidance on breastfeeding?

• How do we adjust my anti-seizure medication (ASM) levels back to what they were before I got pregnant? How long will that take?

• When should I restart birth control?

Taking these steps will help ease the difficulty of the postpartum period with your baby—so you can focus on enjoying life with your new little one.