

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.



Use this QR code to visit the Epilepsy & Pregnancy Medical Consortium website for additional tools and resources to help you and your doctors plan for a safe and healthy pregnancy.