Pregnancy & Delivery With Epilepsy—Questions to Ask Your Doctors

Pregnancy is an exciting time, but it can also make soon-to-be parents anxious. If you work closely with your care team, you can take steps to support a healthy pregnancy and have a safe delivery of your baby.

These are important questions to ask your doctors during your pregnancy and as you prepare for delivery:

- What tests and appointments do I need to have during my pregnancy, from when I get pregnant to when I deliver my baby?
- Do I need more frequent obstetrician (OB) monitoring because of my epilepsy?
- How do I maintain seizure stability during my pregnancy, labor, and delivery?
- How often will we check my anti-seizure medication (ASM) levels?
- If I need to increase ASM dosage, how often should I expect to increase my dosage?
- How should I track my seizure activity and what should I do if I have a seizure during my pregnancy?
- Do I need to take folic acid and prenatal vitamins during my pregnancy?
- What should be included in my labor and delivery plan?
- If I increase my ASM dosage during pregnancy, how should I safely reduce my dose after delivery?
- How can we limit the chance I’ll have a seizure during labor and delivery?
- What will we do if I have a seizure during labor or delivery?
- Do you recommend I get an epidural?
- Will I need to have a C-section, or can I deliver vaginally?
- Is it safe to breastfeed while taking my ASM?

Asking these questions—and getting helpful answers to them—will give you peace of mind that you and your doctors are preparing for you to have a safe and healthy pregnancy, labor, and delivery.