

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.



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.