

## Epilepsy Diagnosis & Living With Epilepsy— Questions to Ask Your Doctors

Whether you're newly diagnosed with epilepsy or have been living with the condition for years, it's essential to make sure your epilepsy is well-managed—especially if you're planning to get pregnant. Working together with your doctors will set you on course to have a safe and healthy pregnancy.

**Here are some questions to ask your doctors about living with epilepsy before you get pregnant:**

- **How do I know I'm on the most effective anti-seizure medication (ASM) and at the lowest dose for my epilepsy?**
- **Do I need to have my ASM levels checked?**
- **What specific healthcare professionals should I have on my care team to help me manage my epilepsy and birth control choices/pregnancy? (e.g., neurologist, obstetrician, etc.)**
- ***If currently taking birth control:* Could my birth control interfere with my ASM and vice versa? (e.g., Lamotrigine is affected by most hormonal birth control)**
- ***If not currently taking birth control:* What form of birth control is recommended given the ASM I'm taking? (e.g., IUDs are effective, not affected by ASMs, and suitable for people of any age)**
- **Should I take folic acid, and if so, how much and for how long should I take it?**

Getting and keeping your epilepsy stable is important to living a healthy life. It's also the first, and most important, part of planning for a safe and healthy pregnancy.



**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.