

# Pregnancy Planning With Epilepsy— Questions to Ask Your Doctors

Research shows that with careful planning, people with epilepsy can have safe, healthy pregnancies and healthy babies. Ideally, you'll start working with your epilepsy care team as much as 12 months before you try to get pregnant to address concerns related to your epilepsy.

**Here are some important questions to ask your doctors as you plan to get pregnant:**

- **How do we make a plan for me to have a safe and healthy pregnancy while also managing my epilepsy?**
- **Do you regularly see patients with epilepsy?**
- **If needed, how can I make an appointment with a neurologist?**
- **How can I maintain good seizure control before, during, and after pregnancy?**
- **Should I take prenatal vitamins? If yes, when should I start them?**
- **Should I take folic acid before and/or during my pregnancy? If so, what dosage?**
- **Should I see a genetic counselor to talk about my chances of passing on my epilepsy?**
- **How might my anti-seizure medication(s) (ASMs) impact my baby's development?**
- **If you recommend that I switch my ASM, what will that process look like? How long will it take?**
- **What steps should I take if I have an unplanned pregnancy?**

Planning for pregnancy is an exciting time — with lots of decisions. Work with your doctors to take the steps you need to have a safe, healthy pregnancy and get prepared for your baby.



**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.