

Anti-Seizure Medication Tapering Schedule

Ask the doctor treating your epilepsy to complete this tapering schedule at the end of your second trimester. Following this schedule will help ensure you return to the proper dosing for your anti-seizure medication (ASM) after delivery. Once you know the date of delivery, enter it into the sheet, and then you can make the tapering schedule easy to use.

NOTE: If you are taking more than one ASM, use the “ASM 2” columns. If you’re only taking one ASM, you can leave those columns blank. You may also need to print more than one schedule if your tapering goes longer than four weeks.

Remember to go get your levels checked around the same time of day each time.

Keeping You and Your Baby Safe

- Do not give baby baths alone
- Avoid baby carriers that strap to you
- Change baby on the floor
- Set up baby area on one floor to avoid trips up/downstairs
- Baby should not sleep in bed with adult

Warning Signs Your Tapering Schedule Should be Adjusted

Symptoms that your levels might not be correct include dizziness, vomiting, and blurry/double vision. If you experience any of these symptoms, immediately call your doctor. If symptoms are severe, call 911.

NOTE: Once your tapering has been completed, work with your neurologist to schedule periodic level checks.

EXAMPLE:

Postpartum Day	Date	ASM 1: Lamotrigine		ASM 2: Levetiracetam	
		AM Dose	PM Dose	AM Dose	PM Dose
Pre-pregnancy		100 mg	100 mg	750 mg	750 mg
Delivery		300 mg	300 mg	2000 mg	2000 mg
Postpartum (Week One)					
Day 1		300 mg	300 mg	2000 mg	2000 mg
Day 2		200 mg	300 mg	1500 mg	2000 mg
Day 3		200 mg	300 mg	1500 mg	2000 mg
Day 4		200 mg	300 mg	1500 mg	2000 mg
Day 5		200 mg	300 mg	1500 mg	2000 mg
Day 6		200 mg	300 mg	1500 mg	2000 mg
Day 7		200 mg	200 mg	1500 mg	1500 mg
Week Two					
Day 8		200 mg	200 mg	1500 mg	1500 mg
Day 9		200 mg	200 mg	1500 mg	1500 mg
Day 10		200 mg	200 mg	1500 mg	1500 mg
Day 11		200 mg	200 mg	1500 mg	1500 mg
Day 12		100 mg	200 mg	1000 mg	1500 mg
Day 13		100 mg	200 mg	1000 mg	1500 mg
Day 14		100 mg	200 mg	1000 mg	1500 mg
Week Three					
Day 15		100 mg	200 mg	1000 mg	1500 mg
Day 16		100 mg	200 mg	1000 mg	1500 mg
Day 17		100 mg	150 mg	1000 mg	1000 mg



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.

Lamotrigine postpartum goal by week 3:
Pre-pregnancy dose + 50 mg (reducing q 3-5 d)

Levetiracetam postpartum goal by week 3:
Pre-pregnancy dose + 500 mg (reducing q 5-7 d)

NAME: _____ DOB: _____ DOCTOR: _____

Postpartum Day	Date	ASM 1:		ASM 2:	
		AM Dose	PM Dose	AM Dose	PM Dose
Pre-pregnancy					
Delivery					
Postpartum (Week One)					
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Week Two					
Day 8					
Day 9					
Day 10					
Day 11					
Day 12					
Day 13					
Day 14					
Week Three					
Day 15					
Day 16					
Day 17					
Day 18					
Day 19					
Day 20					
Day 21					
Week Four					
Day 22					
Day 23					
Day 24					
Day 25					
Day 26					
Day 27					
Day 28					



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.

Note: Once your tapering has been completed, work with your neurologist and gynecologist (GYN) to **schedule a level check at 6 weeks after delivery**, and aim to be on your pre-pregnancy dose by 3-6 months postpartum.