

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 dosage 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 and gynecologist (GYN) to schedule periodic level checks.

EXAMPLE:

| | | ASM 1: Lamotrigine | | ASM 2: Levetiracetam | |
|------------------------------|------|--------------------|---------------|----------------------|----------------|
| Postpartum Day | Date | 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 |

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)



Use this QR code to visit the Epilepsy and Pregnancy Medical Consortium website for additional tools and resources to help you and your doctors plan for a safe and healthy pregnancy.

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 and 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.