

Insurance

Give your travel insurance provider as much information as possible to ensure they give you a correct quote. Having epilepsy may mean an increase in the insurance premium, depending on the type, frequency, and severity of seizures. Companies will look at each individual's circumstances before giving a quote. It is worthwhile to contact several insurance companies to get the best quote.

Vaccinations

Vaccinations may be recommended to protect you from infectious diseases, depending on the country you're visiting, the time of year, and your medical history. Most vaccinations do not affect epilepsy or anti-epileptic drugs; however, some anti-malarial medications can provoke seizures. Talk to your healthcare practitioners about which anti-malarial medication would work best for you.

Communication

1. Tell people about your epilepsy

- Tell your travel companions if fatigue, dehydration, excitement or anxiety trigger your seizures, and what to do if a seizure happens.
- Inform airline staff of your epilepsy and known triggers to help them accommodate you during your flight, especially if travelling to different time zones.
- Tell airport security if you have a VNS device, as it could set off the metal detector.

2. Wear medical ID – so others will know what is happening in case of a seizure.

3. Check medical clearance

- If you are travelling by airplane, check the medical clearance of the airline you're flying with. Many airlines follow the International Air Travel Association (IATA) medical guidelines. These state that if you have a tonic clonic seizure less than 24 hours before your flight, you need medical clearance to fly. If your seizures are well controlled, medical clearance is not generally needed.

Jet Lag

Crossing time zones can trigger seizures by causing sleep deprivation through jet lag.

Before Travelling: Get enough rest & avoid large meals, exercise, alcohol and caffeinated drinks before bed.

During Travel: Drink plenty of water; bring items to help keep you comfortable, such as a travel pillow and/or a sweater; sleep if it's a normal time to sleep at your destination; use an eye mask and earplugs.

After Arrival: Change your sleep schedule to the new time zone as soon as possible; go outside during the day to allow natural light help your body adjust to the new time zone; set an alarm in the morning to avoid oversleeping.



316, 4014 Macleod Tr SE
Calgary, AB T2G 2R7
403-230-2764

For More Information:

The Traveller's Handbook for People with Epilepsy (in 20 languages)
www.ibe-epilepsy.org/wp-content/uploads/2017/08/IBE-TravelHandbook-2017.pdf

International Air Travel Association (IATA) Medical Guidelines
www.iata.org/publications/Documents/medical-manual.pdf