



## **Different epileptic fits**

**Easy  
Read**

Epilepsy Action makes every effort to ensure the accuracy of the information in its publications, but cannot be held liable for any actions taken based on this information.

Epilepsy Action is a working name of British Epilepsy Association. A company limited by guarantee (registered in England No.707007) Registered charity in England (No. 234343)  
Copyright Epilepsy Action 2015

# Different epileptic fits

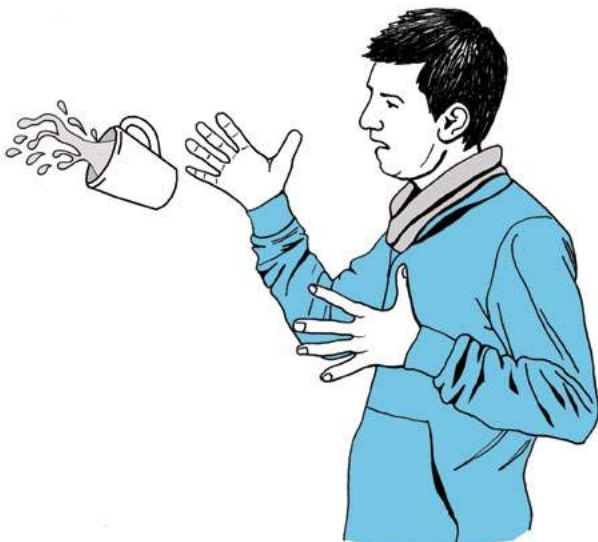
Some people call fits seizures.

There are two sorts of fits: generalised fits and focal fits

## Generalised fits

These are fits that affect most of your brain. Here are some types of generalised fits:

- Tonic-clonic fits
- Absences
- Myoclonic fits





- Drop attacks or atonic fits

### Tonic-clonic fits

Some people call these grand mal fits.

With a tonic-clonic fit usually you go stiff, you fall down, and then you shake. Also you don't know what's happening. You might wet yourself.



You will probably feel very tired and achy afterwards.



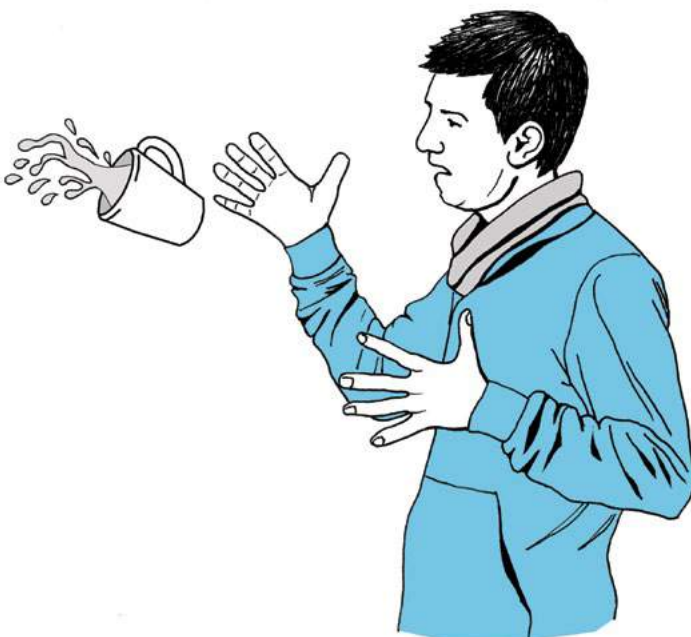


## Absences

Some people call these petit mal. Absences mean you just stop and stare for a short time. When you're having an absence you don't know what's going on.



When it has finished you usually feel okay.



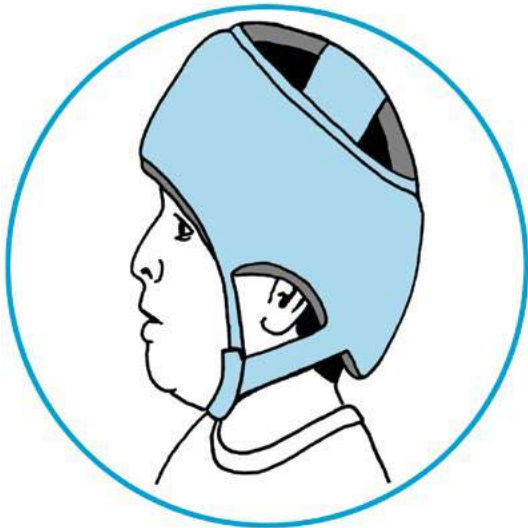
## Myoclonic fits

These are fits when a muscle jerks. For example your arm might suddenly go up in the air. This is annoying if you're carrying a cup of tea.



## Drop attacks

These are fits where you fall to the ground very quickly. If you have drop attacks you often hurt your head.



If you have drop attacks you might wear a helmet.



Unless you have hurt yourself, you should feel okay quite soon after a drop attack.

## Focal fits



These are fits that affect some of your brain. Here are some things people can feel or do when they have a focal fit:

- A funny feeling in your tummy



- Suddenly feeling very frightened



- Fiddling with things like your buttons



- Making the same movement lots of times

- Hearing what someone is saying to you but not being able to understand it.

### What things make it more likely that I will have a fit?

- Missing your epilepsy medicine



- Women's monthly bleeding (periods)
- Getting over-tired
- Getting very anxious



- Drinking too much alcohol



Write down in a diary when you have a fit and what epilepsy medicine you are taking and if you are feeling poorly. Get help to do this if you need to.



Show your diary to your doctor or nurse.



**Where can I get a fit (seizure) diary?**

**Epilepsy Action Helpline**

Freephone **0808 800 5050**



**Where can I go if I want to find out more about epilepsy?**

**Epilepsy Action Helpline**

Freephone **0808 800 5050**



**Epilepsy Action website:**

**[www.epilepsy.org.uk](http://www.epilepsy.org.uk)**



This easy read document was produced by CHANGE  
**[www.changepeople.org](http://www.changepeople.org)**

## For more information contact:

### Epilepsy Action



Epilepsy Action  
New Anstey House  
Get Way Drive  
Yeadon  
Leeds LS19 7XY



Website:  
[www.epilepsy.org.uk](http://www.epilepsy.org.uk)



Epilepsy Action Helpline:  
0808 800 5050



[helpline@epilepsy.org.uk](mailto:helpline@epilepsy.org.uk)



We'd love to know what you think of this leaflet

