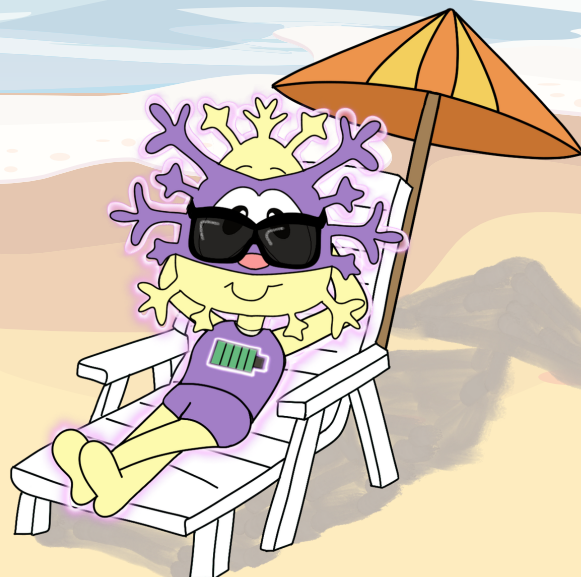
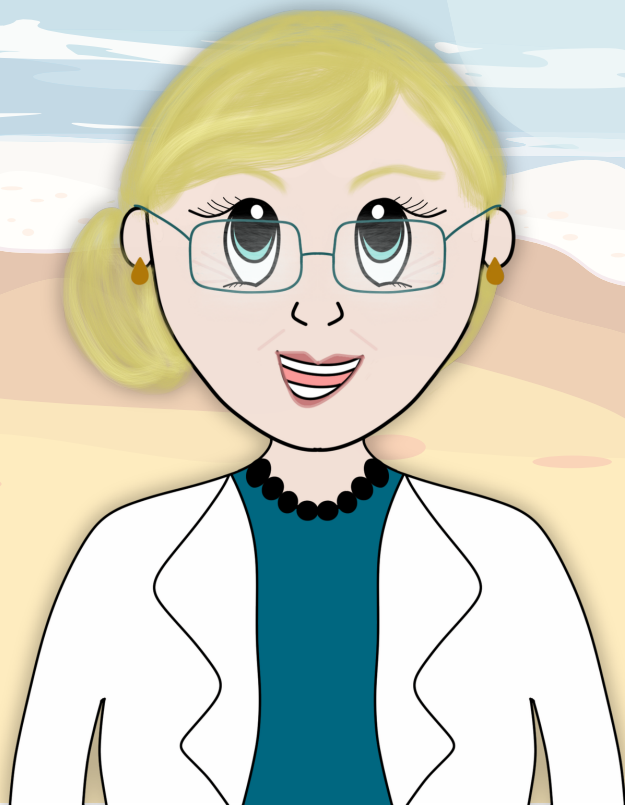


# Travel Safety

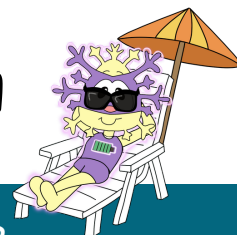
## Epilepsy Guide





# Travel Safety

## Travelling with Medications Pt.1



### Can You Bring Epilepsy Medication Abroad?

There are generally no restrictions on travelling with epilepsy medications, but some medications require additional documentation.

#### **Medication Tips**

- Always pack the **majority of medications in your carry-on luggage.**
- Never place all medications in checked baggage, as luggage can be delayed or lost.
- Divide medications between multiple personal and carry-on bags whenever possible.
- Keep medications in their original labelled containers.
- Carry a current prescription list or medication summary.

#### **Liquid Medications**

- Pack liquid medications separately for airport security screening.
- Inform security staff that they are prescription medications.
- A physician's letter or prescription copy can help when carrying quantities over the standard liquid allowance.

### Possible Medication Restrictions

Some epilepsy medications may have additional travel requirements depending on the country. **Common examples include:**

#### **Benzodiazepines**

- Emergency medications such as **clobazam** may be regulated in certain countries.
- You may need proof that the medication has been legally prescribed.

#### **CBD Oil**

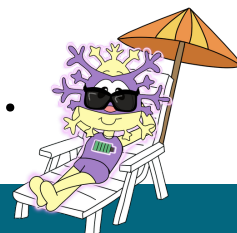
- Regulations vary widely between countries.
- Some countries prohibit CBD products entirely.



# Travel Safety



## Travelling with Medications Pt 2.



### Medication Names Around the World

Medication brand names differ internationally.

Know the generic name of every medication you take.

Examples:

| Generic Name  | Possible Brand Name                         |
|---------------|---------------------------------------------|
| Valproic Acid | Multiple international brands               |
| Acetaminophen | Tylenol (Canada/USA)                        |
| Paracetamol   | Common international name for Acetaminophen |

Knowing the generic name can make it much easier to replace medications if they are lost or unavailable under the same brand name.

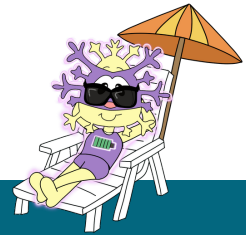
### Before You Travel

- Research medication regulations for your destination.
- Carry a physician's letter explaining your diagnosis and prescribed medications.
- Keep this documentation with your medications in your carry-on bag.



# Travel Safety

## Thinking Ahead Pt.1



### Long Flights & Time Zone Changes

#### **Long-Distance Travel**

For longer trips, discuss your travel plans with your physician.

They may recommend:

- carrying additional emergency medication,
- adjusting medication timing,
- bringing extra medication in case of delays.

These precautions are recommended because medical care is less accessible during a flight—not because flying increases seizure risk.



#### **Travelling Across Time Zones**

Medication timing is important.

General Recommendation

- Shorten the interval between doses rather than lengthen it.
- Avoid long gaps between medications to maintain seizure protection.
- Ask your physician for an individualized dosing schedule before travelling.

If there are concerns about increased seizures while travelling, your physician may recommend carrying additional or higher emergency medication doses.

### Preventing Seizures While Travelling

#### **Plan Ahead**

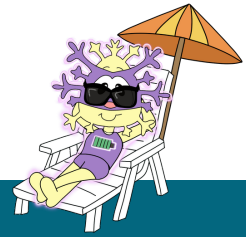
Avoid making major medication changes immediately before a trip.

Tips

- Schedule medication adjustments well before travelling whenever possible.
- If a medication change is planned, discuss delaying it until after your trip if appropriate.
- Communicate your travel plans with your healthcare provider early (months ahead).

# Travel Safety

## Thinking Ahead Pt.2



### Choosing a Travel Destination

#### **Are There Places You Should Avoid?**

There is no universal list of destinations that people with epilepsy should avoid. Instead, consider:

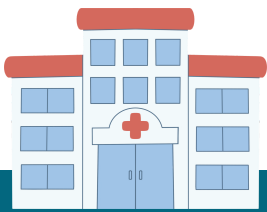
- How well controlled the epilepsy is.
- How often emergency medical care is required.
- Access to hospitals or emergency services.

#### **If Frequent Medical Care Is Needed**

Choose destinations where medical care is accessible within approximately 30–45 minutes.

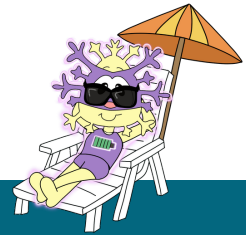
Remote locations may require additional planning, such as isolated islands, wilderness destinations, areas with limited cell service, and regions with limited emergency medical resources.

If travelling to remote areas, discuss emergency planning with your healthcare team and consider access to satellite communication if needed.



# Travel Safety

## Thinking Ahead Pt.2



### Preparing for Illness While Away

#### **If You Become Sick or Have More Seizures**

Planning ahead can reduce stress during emergencies.

Before travelling:

- Research local hospitals and emergency medical services.
- Understand the expected costs of medical care.
- Purchase travel insurance that specifically covers epilepsy.

#### **Travel Insurance**

Because epilepsy is often considered a pre-existing medical condition, carefully review policy details to ensure your condition is covered.

### Finding Medical Care Abroad

Before arriving at your destination, know:

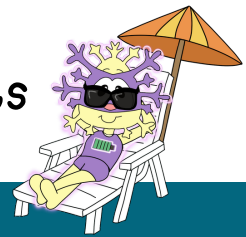
- where the nearest hospital is located,
- how to contact emergency medical services,
- whether healthcare is public or private,
- local medical advice or nursing hotlines if available.

Remember that emergency care systems vary significantly between countries.



# Travel Safety

## Photosensitivity & Flashing Lights



### Understanding Photosensitivity

- Some people with epilepsy are sensitive to flickering or flashing lights.
- Photosensitivity can be identified through specific tests during an **EEG (electroencephalogram)**.
- It is more commonly associated with certain **genetically influenced epilepsies**.
- If photosensitivity is detected on an EEG, or if there has been a previous experience with light-triggered seizures, extra awareness around lighting situations may be helpful.

### Possible Triggers for Photosensitive Seizures

Certain visual patterns or lighting changes may increase seizure risk, including:

#### **Natural Light Changes**

- Being in bright sunlight then heavily shaded areas can sometimes trigger a photosensitive response.
- Rapid changes between bright and dark environments may be more challenging for some individuals.

#### **Flickering or Rapidly Changing Lights, Examples include:**

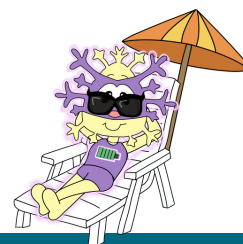
- Flashing lights in movies or concerts.
- Party lighting or strobe effects.
- Rapid light changes in visual environments.

#### **Strong Light Contrast, Examples include:**

- Moving quickly between very bright and very dark spaces.
- Intense colour changes, particularly strong red and blue flashing lights.
- Some movies or visual effects may be more likely to cause issues depending on the individual.

# Travel Safety Checklist

## Before You Travel



### To Research

- Research medication restrictions for your destination.
- Review your travel insurance coverage.
- Locate nearby hospitals and emergency services where you will be travelling.
- Know the generic names of all medications.

### To Keep in Mind

- Discuss long flights and time zone changes with your healthcare provider.
- Avoid making major medication changes immediately before travelling.

### Packing

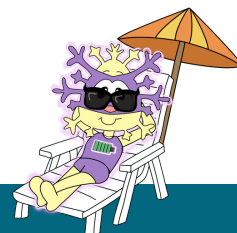
- ☐ Pack most medications in your carry-on.
- ☐ Split medications between different carry-on or personal bags.
- ☐ Bring extra medication for delays or in case any is lost.
- ☐ Have a current prescription list and a physician's letter.

### To Note

With thoughtful planning, people with epilepsy can travel safely almost anywhere. Preparing medications, understanding local healthcare resources, and discussing travel plans with your healthcare provider can help ensure a safe and enjoyable trip.

# Epilepsy Tips

## General tips - Entertainment



### Can You Ride Roller Coasters?

**Yes - Enjoy the activities you love!!!**

- **There is no evidence that roller coasters, parties, or movies cause more seizures simply because they are stimulating or exciting.**
- Having epilepsy does not mean avoiding enjoyable experiences.
- Activities should be considered based on individual safety needs and seizure patterns.

### The Benefits of Active Living

#### **Exercise & Seizures**

- For some types of epilepsy, being active and participating in sports may actually be associated with **fewer seizures**.
- In some cases, seizures may occur more often during periods of rest rather than during activity.

#### **Brain Activity & Seizure Risk**

- A highly alert or active state of the brain **does NOT automatically increase seizure risk**.
- Staying active can support overall physical and mental health.

### Key Takeaway

**Living an active, fulfilling life is encouraged. Epilepsy management is about understanding personal triggers while continuing to participate in meaningful activities safely.**