

# Carpe Diem – Seize the Day Blog

*Editor's Note: Content presented in the Carpe Diem – Seize the Day Blog is for awareness and informational purposes only, and it is not meant to be a diagnostic tool.*

What is the postictal state of a seizure? I want to share some information about the postictal state of a seizure in this week's blog. What does this mean? Here is what I know about the postictal state. And remember, I am not a medical professional, and **you should always talk to your neurologist about your epilepsy and seizure symptoms!**

## **Postictal state of a seizure**

This state happens after a person has a seizure. It is the fourth stage of a seizure. In total there are four stages of the seizure process. The first stage is prodrome (we can talk about this a little later), followed by early ictal (aura), ictal, and postictal. During the fourth stage, a person enters an altered state of consciousness.

What is interesting about the postictal phase of a seizure is how different the times and symptoms vary even in the same person. There is no standard time or response. A person can be sleepy after a seizure for 10 minutes one time and feel dizzy for 5 seconds another time.

## **Common symptoms of postictal phase**

There are some common feelings and symptoms that connect individuals during this phase. In the postictal state common symptoms are:

- Confusion
- Lack of conscious
- Tired
- Loss of bladder or bowel control
- Fear/anxiety
- Shame/embarrassment
- Thirsty
- Sore muscles
- Weakness
- Injuries (if the person hurt themselves during the seizure)
- Memory loss (duration of time varies)
- Sleepy
- General feeling of being "off" is described by many

Some people have uncontrollable violence. For example, this can be hitting or kicking. It is especially important to remember that the person who just had a seizure does not mean to harm you. This is an uncontrollable reflex.

### **Stay with someone during postictal state**

This is a lot of information to absorb about unknown results from a seizure. So, let's talk about what we can control. Starting with the superhero caregivers. Stay with the person you are caring for and time this final stage of the seizure.

To the Seizure Warrior, you can take control too. Journal what you felt or what happened. Documentation and tracking! There is an app called Epsy, which can help both caregivers and warriors. The app gives you other ideas of what to document. Lastly, a benefit to this app is you can share your results with your neurologist.

**A giant reminder: Always talk to your neurologist about your postictal response.** They are medical professionals and will help you understand your symptoms and give you professional advice. And always remember, you are not alone.

*Editor's Note: The Carpe Diem – Seize the Day Blog will be distributed and posted weekly.*  
Always remember – **CARPE DIEM – SEIZE THE DAY!**

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