

Tips to Manage Epilepsy & Incontinence



1

**Take
medications
on time**

2

**Use
incontinence
products**

3

**Have
patience**

4

**Know
first aid**

5

**Know drug
interactions**

6

**Get
adequate
sleep**

7

**Avoid seizure
triggers**

8

**Avoid trigger
foods**

9

**Plan
ahead**