Clinic Overview

Table of Contents

Welcome to Minnesota Epilepsy Group ................................................................. 1
Services Offered .................................................................................................. 2
Our Specialties .................................................................................................... 4
Driving in Minnesota .......................................................................................... 5
Seizure Precautions ............................................................................................ 6
Medication Considerations .................................................................................. 9
Frequently Asked Question ................................................................................ 10
Contact Information ............................................................................................ 12
Dear Patient or Guardian,

Minnesota Epilepsy Group has ONE FOCUS, delivering the highest level of comprehensive care for epilepsy and other seizure related conditions. Our comprehensive approach and focused expertise can lead to a better outcome for all ages. Our care team represents a combination of disciplines, skills and perspectives to serve the needs of patients. Minnesota Epilepsy Group is the largest comprehensive epilepsy clinic in the midwest. Staff members draw on a vast range of expertise and decades of combined experience to treat patients with epilepsy. Minnesota Epilepsy Group provides service to four metro hospitals and is designated as a level four epilepsy center, the highest rating designated by the National Association of Epilepsy Centers. We hope that you find the care that you need through the interaction with our care team.

Sincerely,

Minnesota Epilepsy Group
Our Services

◦ Outpatient Evaluations

We provide full outpatient evaluations for patients with epilepsy, epilepsy syndromes, and symptoms such as unexplained loss of consciousness or confusion episodes. Our team of specialists will review previous records and test results and gather a neurological history and exam at your first outpatient appointment.

◦ EEG Monitoring

Minnesota Epilepsy Group has two clinic locations that offer routine EEG services. Through our partnership with four metro hospitals, our clinic offers long-term EEG monitoring in two specialized epilepsy monitoring unit. We also provide long-term EEG monitoring to over a dozen intensive care units. These state of the art facilities feature fully computerized recording systems with 24-hour attended monitoring by experienced EEG and nursing staff. Our EEG department was the first in the state to achieve lab accreditation through ABRET. Our brochure on LTM EEG can provide more on what to expect during your inpatient stay.

◦ Neuropsychological and Psychological Services

Our clinic provides experienced pediatric and adult psychologists and neuropsychologists who offer their expertise through clinical evaluation and assessments. These assessments can map cognitive functions such as language and memory to see if any risks would be posed through epilepsy surgery. Our team of clinical psychologists and social workers will also assist with supportive measures such as counseling, school and employment planning, independent living tools and and the coordination of outside resources.
◊ **Pre-Surgical Evaluation**

Patients going through the pre-surgical evaluation process will often undergo many tests such as neuropsychological, long term EEG monitoring, magnetoencephalography, WADA and more. Our clinic also offers stereoelectroencephalography (SEEG) and other intracranial monitoring for patients with focal epilepsy that has proven resistant to medication. The type of tests needed during the pre-surgical evaluation are modified to the individual. The entire process is outlined in our pre-surgical evaluation booklet.

◊ **Surgical Treatments for Epilepsy**

Minnesota Epilepsy Group offers surgical resection and ablation and other epilepsy surgeries to patients who meet criteria as outlined by their provider. Minnesota Epilepsy Group also offers implantation of the NeuroPace RNS device, LivaNova VNS device, and Medtronic’s DBS device.

◊ **Magnetoencephalography (MEG)**

Minnesota Epilepsy Group is one of only a few epilepsy programs in the country to offer MEG technology. MEG technology records magnetic fields produced by electrical currents occurring in the brain. This state of the art technology aids in identifying a more precise area of seizure onset while also mapping the location of brain functions.

◊ **Telemedicine**

We provide follow-up outpatient visits through telemedicine for patients who experience burdens in traveling to our clinic. It is part of our mission to provide unrestricted access to care to all those with epilepsy no matter where you live or your lifestyle.
Our Specialties

Minnesota Epilepsy Group is one of the largest specialized epilepsy centers in the nation. Annually, our team of experts see thousands of patients annually through combined outpatient clinics and dedicated state-of-the-art inpatient centers. Our specialties include but are not limited to:

- New Onset Pediatric and Adult Epilepsy
- Refractory Epilepsy
- Structural Causes
- Traumatic Brain Injuries
- Metabolic, Genetic and Auto-Immune Causes
- Women’s Issues in Epilepsy
- Epilepsy Care for the Elderly
- Epilepsy and Development
- Non-Epileptic or Psychogenic Events
- Medication Management
- Epilepsy Surgery
- Epilepsy Research and Clinical Trials
- After hours emergency on-call physicians
Driving in Minnesota

Individuals diagnosed with epilepsy may be licensed to drive in the State of Minnesota. Some guidelines to assist you are:

◊ State laws require drivers to report medical conditions that can cause loss of consciousness or loss of voluntary control of a vehicle.

◊ Seizures must be reported within thirty days. Failure to report a seizure can cause the loss of your driver’s license for six months.

◊ Drivers must be seizure free for three months in order to have their license reinstated. A statement from your physician is required for reinstatement.

◊ There are certain exceptions to the three month rule:
  » One exception every four years for a seizure related to a missed medication dose or illness.
  » Seizure occurs while a patient is weaning off an anti-epileptic medication (provided a physician is the one directing the change of medication or dosage)
  » It is the first episode for the driver and a physician recommends reinstatement of their license.

◊ For seizures related to alcohol or drug use, driving privileges are suspended for one year.

◊ The individual that experienced the seizure is required to report it, not the physician. The physician may report the seizure if they feel the patient will not, especially if the patient could be a hazard to themself and others on the road.

◊ You may appeal suspended driving privileges. This is done through the Motor Vehicle Division.
Seizure Precautions

Home

» Replace as much glass items with plastic or keep them in safe places so they don’t pose as hazards in the event of a seizure.
» Keep interior doors unlocked for emergency personnel and family.
» Put padding on sharp edges of tables and other furniture.
» Move your bed away from sharp objects that could cause injury.
» Consider using a seizure alert monitor while sleeping or sharing a bedroom with a loved one.

Work

» Inform your manager and human resources manager of your condition and provide them with a seizure plan. Ask your provider if you need assistance in creating a workplace plan.
» Our team can help outline a seizure response plan to provide your employer.
» Depending on your seizure type and plan, you may want to wear a medical alert bracelet.
» Inform a trusted colleague that you work closely with of your condition and your seizure plan.
Seizure Precautions

School

» Before the start of every year, meet with the school nurse and outline a seizure response plan. Our team at Minnesota Epilepsy Group can help create a seizure response plan for your child.

» Educate your child about their condition and how to help themselves.

» Buy a medical alert bracelet with your contact information for your child.

» Develop a relationship with the school counselor in the case your child needs them as a resource. School counselors can also help set up educational plans for your child and assist with environmental concerns.

» Depending on the seizure type, your child may be instructed to wear a helmet or have a buddy during certain activities. Communicate these needs to the school nurse as well as to the child’s teacher.

» College students may want to inform your professors and dorm advisor of your seizure response plan. Colleges have will often have disability offices where you can go to obtain accommodations. Your counselor can also assist in navigating the resources your college can provide you.
Seizure Precautions

Equipment Safety

» Use tools that have automatic stop switches and safety guards
» Seizure medications may cause side effects that can make it dangerous for you to use heavy machinery. Consult your team at Minnesota Epilepsy Group for any concerns related to the use of equipment at work or home.
» If seizures are uncontrolled, avoid ladders and all unprotected heights

Fire Safety

» Do not sit near open flames without someone with you.
» Always cook food on the back burners of the stove.
» Cooking on the stove while alone can be dangerous. It’s better to use a microwave or another appliance with an auto shut-off when home alone.

Child Safety

» Never bathe a child alone.
» Depending on the type of seizure you have, you may want to use a stroller around the house to protect your child.
» Change the baby on the floor.

Water Safety

» Speak to your physician before you decide it is safe for you to swim.
» Do not operate electrical equipment if you are close to water.
» Shower instead of baths
» Never swim alone
» Wear a life jacket
Medication Information:

Antiepileptic medications (AEDs) are the most common method used to treat epilepsy and provide complete control for 7 out of 10 patients. It is **vital** to take your seizure medications as prescribed. It gives you the best chance to achieve the goals of epilepsy therapy: no seizures and no side effects.

**How to Carry and Store your Medicine:** Protect from light and moisture, store in the original container. Use only one bottle at a time and never carry them in unlabeled containers.

**Medication Levels and Therapeutic Range:** Blood levels help determine the proper dose for you. If there is too little medicine, seizures may be uncontrolled. Too much and you may experience side effects.

**Remembering your Medicine:** Take your medicine at the same time every day. If possible, take it with an activity such as brushing your teeth. You can also enlist a family member or friend for help with remembering. Certain phone applications have dedicated medication reminders. If you have trouble remembering, talk to your nurse, doctor or pharmacist.

**Generics:** Never change from a generic to a brand or vice versa without consulting your physician. Try to remain consistent on brand or generic.

**Seizure medications and Pregnancy:** When on these medications, it is important to plan your pregnancy. Most antiepileptic medicines can be used during pregnancy, but it is always best to discuss possible complications, including birth defects **before** you become pregnant. It is recommended that you take daily vitamin and minerals including folic acid.

**Noncompliance with seizure medication can have significant and possibly disastrous consequences such as status epilepticus or Sudden Unexpected Death in Epilepsy (SUDEP).**

**Certain epilepsy medications may increase the risk of depression**
Frequently Asked Questions

Forms:
Whenever possible, bring forms with you to clinic visits. School forms of the fall should be requested prior to August 1st to allow time for processing. You can fill out your appointment forms online prior to your arrival to our clinic by going to the patient portal.

Missed Dose of Medicine:
If you or your child misses a dose of anti-epileptic medication during a 24-hour period, take the missed dose as soon as you remember. If two or more doses are missed, take one dose immediately and call our office for further instruction.

Labs:
Preferably, labs are drawn prior to your AM dose. If they are unable to be performed at this time, then please document the time of your last dose. Drug levels are sent to outside labs. It may take several days to get results. If we have not contacted you within 3-5 days and a medication change is pending the results, please call our office.

Prescriptions:
◊ For prescription refills, please call your pharmacy.
◊ Allow 72 hours for processing.
◊ Prescriptions that are required to be written or mail ordered should be requested one week in advance.
Making an Appointment:
If possible, schedule your next appointment after your clinic visit. If unable to do so you may call at a later date. Make every effort to keep your appointment. Please arrive 10 minutes early and allow enough time for parking. Please bring a seizure count according to the seizure type along with a list of all medication and dosages.

Routine Phone Calls:
General medical questions such as those related to fever, upset stomach and concerns not related to epilepsy should be directed to your primary care physician. Phone calls for non-urgent issues received after 4:30 pm may not be returned until the next day.

Urgent Phone Calls:
An urgent phone call is:
- A sudden change in seizures that appears serious and different from baseline.
- Severe vomiting with inability to take medications as scheduled.
- You have started a new medication and there is a potential drug reaction (such as a rash or significant behavioral change).

After Hours:
There is always a pediatric and adult physician on call after office hours to take urgent calls. Call our office number and tell the operator the name of your doctor and the nature of the urgent problem. The operator will page the on-call physician to return your call as soon as possible.
Contact Us

651-241-5290
Fax 651-241-5248

www.mnepilepsy.org

Locations

EDINA - SOUTHDALE MEDICAL BUILDING
6545 FRANCE AVE. S., SUITE 335
EDINA, MN 55435

ST. PAUL - NASSEFF SPECIALTY CENTER
225 SMITH AVE N SUITE 201
ST. PAUL, MN 55101

© 2019 Minnesota Epilepsy Group, P.A.