Your child has been diagnosed with epilepsy. We have prescribed an antiepileptic medication to control seizures called Dilantin (Phenytoin). For some children Dilantin alone will control the seizures; other children may need additional antiepileptic medications.

Like any medication, Dilantin may have side effects. Please report any of the following side effects to our office. Some of these symptoms may also be related to your child’s dose or medication level requiring an adjustment by our office.

- Allergic reaction including rash or hives
- Nausea, vomiting
- Dizziness
- Poor balance or difficulty walking
- Sedation
- Blurred or double vision
- Bleeding, tenderness, or swelling of the gums
- Unusual or excessive hair growth
- Acne

The FDA has released an alert regarding the possible relationship between suicidality (suicidal behavior or ideations) and antiepileptic medications. Please report any concerns regarding a change in your child’s mood or behavior immediately to our office.

The following is specific information regarding Dilantin administration

- Dental hygiene is very important for your child. Regular dental appointments are essential. Your child should brush his teeth with a soft toothbrush at least twice daily and also floss daily. Please inform your dentist that your child is taking Dilantin.
- Dilantin should only be given in tablet or capsule form. Do not switch to a generic brand without discussing with our office. Do not use the liquid form of Dilantin.
- Dilantin is usually prescribed to be taken once or twice each day. It is important to give Dilantin the same time each day during waking hours. The medication should be evenly spaced during the day. (For example, 7 am and 7 pm) You will need to adjust the times around your child’s usual schedule.
- Dilantin may be given with food or at the same time with other antiepileptic medications.
- Dilantin should not be given within 2 hours of ingesting Antacids or Pediasure.
- Do not give your child Aspirin, Benadryl, Tagamet or Prilosec while taking Dilantin.
• If you have missed one dose of Dilantin, give it as soon as you realize the dose has been missed. If you have missed more than 2 doses, please call our office for directions. If your child vomits within 20 minutes after taking their dose of Dilantin, you should repeat the dose.
• Dilantin should not be taken by pregnant females. Should pregnancy occur, contact our office immediately.
• Do not stop giving Dilantin without talking to our office as this can result in sudden and severe seizures.
• Keep all medications locked and out of the reach of children.
• Stay with your child until you are certain he/she has swallowed the medication.
• Bring your Dilantin containers to your appointment in our office.
• The possibility of interactions between medications can occur. Inform your child’s physician and pharmacist that your child is taking Dilantin.
• If too much Dilantin is accidentally taken, please call the Poison Control Center at 1-800-222-1212.
• It is recommended that all adolescents begin taking 1000 mg Calcium and 400 IU Vitamin D daily while taking any antiepileptic medication to prevent osteoporosis.

We will be monitoring your child by discussing your child’s response to the medication as well as evaluating blood tests periodically. Blood samples will be checked monthly for the first 6 months than every 3 to 4 months as long as your child receives Dilantin. We will be checking the actual medication level in your child’s blood. This level is referred to as a **therapeutic level**. The best time to have your child’s blood drawn is before the morning dose of medication. This is called a **trough** level. Having a therapeutic level should provide seizure prevention at a safe level for your child. The level that has been established for Dilantin is 10 to 20.

Your child’s blood count (CBC) and liver function tests will also be routinely monitored for bone marrow suppression and liver toxicity. These may be potential complications of Dilantin. We will contact you as soon as we receive the results of your child’s blood tests.

Your child’s medication will be started gradually to minimize the development of any side effects. You will need to follow the following schedule to begin the medication.

- **Week 1**
  - am dose__________
  - pm dose__________
- **Week 2**
  - am dose__________
  - pm dose__________
- **Week 3**
  - am dose__________
  - pm dose__________
- **Week 4**
  - am dose__________
  - pm dose__________

Call our office to discuss your child’s medication on ________. See the attached sheet for instructions for having your child’s blood drawn. You should schedule an appointment for _____ month(s) from now.

8/12/09