EPILEPSY NEW ZEALAND
Kia titiro ki te tangata | See the person

Relationships and Sexuality



Living with epilepsy does not mean you cannot enjoy a healthy relationship and sex life.

Epilepsy and epilepsy treatments, however, may affect relationships and sex for some people. It is important to remember that there are support options and strategies available to manage problems you might experience.

Some potential challenges may include:

Your feelings about your epilepsy might affect your confidence, which can have an impact on your interest in sex and relationships. If this affects you, it can be helpful to speak with a psychologist or counsellor for advice.

You might also be concerned about how your partner feels about your epilepsy. Where appropriate, it is important to have open and honest conversations with your partner, and give them space to discuss concerns they might have. However, it is also important to remember that talking about epilepsy can be difficult; it is normal to experience communication challenges from time to time. You might like to explore professional support options, such as couples counselling, if this is a significant problem for you.

Your medication may affect your desire for sex. Some medications can also cause sexual dysfunction. This is usually treatable, so see your doctor or neurologist for advice.

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