

An epilepsy diary can be a helpful record of what's been happening with your epilepsy, for you and your doctor or epilepsy specialist.

You can use a seizure diary to record anything to do with your epilepsy. For example, when you have seizures, what type, and any possible seizure triggers. You can also record if you're having any possible side-effects from your epilepsy medicine.

Name _____

Address _____

Phone number _____

Emergency contact name _____

Emergency contact address and phone number _____

Seizure chart - quick glance

If you have more than one seizure type, you could use codes.

Use a box to record how many seizures you had on that date. One example: tonic clonic seizure **T** and focal seizures **F**.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
JAN	T1 F3																															
FEB																																
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Key:

Medical appointments			
Date	Time	Epilepsy specialist	Hospital

Epilepsy medicines tried in the past				
Date started	Date finished	Medicines	Dosage	Reason for stopping

Information to include in the *Notes* section of the diary

Here are some things to think about when you are filling in the *Notes* section of the diary

- What were you doing before the seizure?
- How were you feeling before the seizure?
- Was there anything that triggered your seizure? Possible triggers include alcohol, lack of sleep, missed meals, feeling unwell, hormonal changes (such as having a period), missing a dose of epilepsy medicine and changing your epilepsy medicine.
- Did the seizure affect your memory? If so, how long did this last?
- How long did it take for you to recover from the seizure?
- Possible side-effects from your epilepsy medicine.
- If anyone saw you have a seizure, get them to describe it and add this information to the diary.

Your appointment notes

Use your seizure diary to make a note of any changes to your epilepsy, or anything else you need to discuss with your doctor.

For example

I am having more seizures

My seizures are lasting longer

My seizures have changed

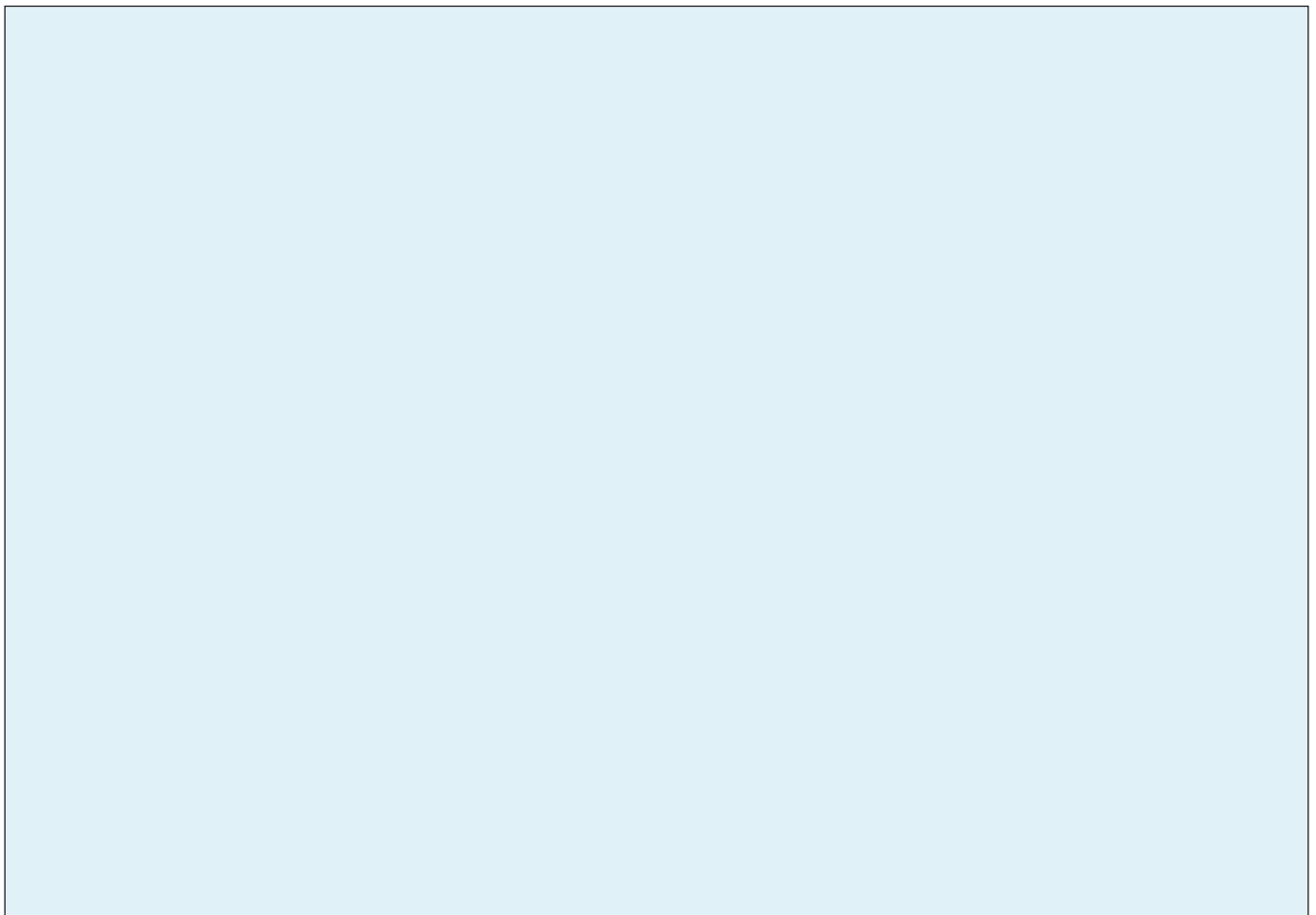
Suspected triggers

Any patterns to my seizures

Memory problems

Possible medicine side-effects

Is there anything you would like further information on (such as services and so on)?



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