

Current medications (include all medications not just ASM's)

Date started	Medicines	Dose/frequency

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

- Where did the seizure happen?
- 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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