

You are not alone.  
**1 in 100** people in the UK have epilepsy. With the right help many of them live happy and fulfilling lives by managing their condition well.

Every week our helpline speak to over **400** people. If you need help getting to grips with your epilepsy we can help.

**Phone:**  
**0808 800 5050**  
**Live Chat:**  
**[epilepsy.org.uk](https://epilepsy.org.uk)**

## Fancy a free magazine? Help yourself

Epilepsy is a broad church. There are developments in treatment happening all the time and lots of inspirational people to hear from. If reading is your thing (there are lots of pictures too) please go ahead.



Do order a printed copy of our latest member magazine or download a digital copy scan this QR code.

## EPILEPSY ACTION

# LIFE INTERRUPTED? LET'S MOVE FORWARD TOGETHER



**Patient name**

### Your appointments will be held at:

Make a note of the dates and times of your appointments, the name of your epilepsy specialist and which hospital they will be at.

### Your medications and when to use them:

Names of the medications you take and list when you use them. List any emergency medications if you use them and how they should be used.

### Seizure diary:

Record the dates and times of your seizures, the type of seizure you had and also the length of time they were. Prefer to capture seizure data on your phone? There are lots of **FREE** seizure tracking apps available on smartphone app stores.

### The seizures you have are called:

What types of seizures do you have? If you have more than one list them all, and include any other useful information.

### When to call for help:

in the following situations you must go to hospital.



Need to order more copies? Click the QR code here