

seizure diary

This is an A4 version of our seizure diary.
You can print pages as you need them.

how to use this diary

Fill in the sections of the diary that are relevant to you, in as much detail as you want to. It might be helpful to ask your doctors what information they would like you to note down.

You might like to think about the following to help you look at any changes to your seizures:

- what your seizures are like;
- how often they happen;
- whether you have noticed any situations that trigger (bring on) your seizures;
- whether your medication is working; and
- if you have any side effects.

filling in the diary

Pages 3 to 6 are for details of your seizures. Use one line per day. The dates are written in for you, and you can add the month at the top.

If you have lots of seizures in a day, you could ignore the printed dates and use one line per seizure. Remember to add the date.

Pages 4 and 6 also include a summary chart for the month, called 'My seizures at a glance'. You can fill in one small box for each seizure, against the date you had it. For example, if you had one seizure on the 1st of the month, two on the 3rd and one on the 6th, it would look like this:

Number of seizures (one box per seizure)

1	2	3	4	5	6	7	8	

Dates of the month

my details

Name _____

Address _____

_____ Postcode _____

Tel/mobile _____

GP _____

Surgery _____

Tel _____

Neurologist _____

Hospital _____

Tel _____

Epilepsy nurse _____

Tel _____

Emergency contact person

Name _____

Tel/mobile _____

Relationship to me _____

my seizures

You can use this section to record all about your seizures. If you have more than one type of seizure you can give each one a code, for example A, B and C. You can use these codes when filling in the diary.

Seizure type 1 and what happens to me:

I call this seizure: _____

You can help me by: _____

This is how I feel afterwards:

Seizure type 2 and what happens to me:

I call this seizure: _____

You can help me by: _____

This is how I feel afterwards:

'Awake or asleep' seizures

On the diary pages, the term 'awake seizures' means seizures that start when you are awake, and 'asleep seizures' means seizures that start while you are asleep, as you are falling asleep, or as you are waking up.

Seizure type 3 and what happens to me:

I call this seizure: _____

You can help me by: _____

This is how I feel afterwards:

Seizure type 4 and what happens to me:

I call this seizure: _____

You can help me by: _____

This is how I feel afterwards:

Month _____	Time of seizure	Seizure code	Awake or asleep	Length of seizure	Comments. How many seizures? Any warning? Triggers? Recovery time? Emergency medication taken? Hospital treatment? Medication changes? How did you feel?
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

Month _____	Time of seizure	Seizure code	Awake or asleep	Length of seizure	Comments. How many seizures? Any warning? Triggers? Recovery time? Emergency medication taken? Hospital treatment? Medication changes? How did you feel?
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

my epilepsy medication

I take: _____

You can use the space below to note any **changes** to your medication type or dose and any side effects you may have noticed.

Drug name	Dose	Details of dates and any changes	Side effects or comments

my appointments

Date	Time	Who with	Where

