## Seizure diary



### 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.

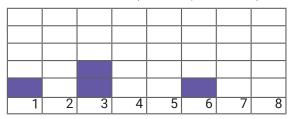
## Filling in the diary

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)



Dates of the month

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		9	•	-	 •

Name
Address
Postcode
Tel/mobile
GP
Surgery
Tel
Neurologist
Hospital
Tel
Epilepsy nurse
Tel
Emergency contact person
Name
Tel/mobile
Relationship to me

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

Helpline 0300 102 0024 Confidential, information, and emotional support. Visit epilepsysociety.org.uk/helpline for opening hours.

## 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.

'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 1 and what happens to me:	Seizure type 3 and what happens to me:
I call this seizure:	I call this seizure:
You can help me by:	You can help me by:
This is how I feel afterwards:	This is how I feel afterwards:
Seizure type 2 and what happens to me:	Seizure type 4 and what happens to me:
I call this seizure:	I call this seizure:
You can help me by:	You can help me by:
This is how I feel afterwards:	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					
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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?
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					
31					
Summary					

## My seizures at a glance

Fill in a box for each seizure you have had, against the right day of the month. You could fill in the boxes in different colours for different types of seizure if you like.

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Nur	nbe	r of	seiz	zure	s (o	ne l	оох	per	seiz	ure	)																			
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

Dates of the month

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					
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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?
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22					
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24					
25					
26					
27					
28					
29					
30					
31					
Summary					

## My seizures at a glance

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	nth																													
Nun	nbe	r of	seiz	zure	s (o	ne b	OOX	per	seiz	ure)	)																			
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

Dates of the month

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

## My appointments

Date	Time	Who with	Where

#### How I feel

Epilepsy is more than 'just having seizures' and managing epilepsy is more than 'just taking tablets'. How you feel about having epilepsy and taking medication might be different to how other people feel. This might change over time: sometimes you may feel OK about your epilepsy, and other times you may not.

Some people are happy with taking their medication and consider this part of managing their epilepsy. Others may feel uncomfortable or have concerns for many different reasons.

If there are reasons why you don't want to take your medication, or if you have any concerns, you may find it helpful to talk to your doctor or pharmacist. Or you can call our confidential Epilepsy Helpline (see page 1).

#### **Practical issues**

Some people have practical difficulties with taking medication. This might be getting the tablets out of the packet, remembering to take them, or having difficulty swallowing them. Here are some things that might help.

- Having a routine for taking medication, for example always taking them at breakfast and dinner time, evenly spaced out.
- Using reminders, such as putting a note in a place where you look regularly, or an alarm.
   For example, you could set an alarm on your phone or watch.
- Tools that help you to remove tablets from blister packs are available from pharmacies.

 If you have problems with swallowing your medication, you could talk to your doctor or pharmacist about whether there are other formulations you can take (such as liquids or granules).

If it is helpful to talk through these ideas, you can call our confidential Epilepsy Helpline (see page 1).

Visit epilepsysociety.org.uk/anti-seizure -medication

### My questions

You can use the space below to write down any questions that you want to ask your doctor, or things that you want to talk about at your next appointment. You could also use it to write down any answers.


## Trusted Information Creator

#### **Patient Information Forum**

Every effort is made to ensure that all information is correct at the time of publishing. Please note that information is intended for a UK audience. This information is not a substitute for advice from your own doctors. Epilepsy Society is not responsible for any actions taken as a result of using this information.

### **Epilepsy Society**

Chesham Lane, Chalfont St Peter, Buckinghamshire SL9 0RJ



