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.

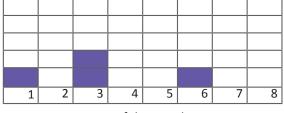
filling in the diary

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)



Dates of the month

epilepsy society seizure diary

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:

You can help me by: _____

I call this seizure: _____

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 2 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?
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.

Mc Nur	nth nber		eizu)																				
	ļ																													
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					
4					
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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?
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28					
29					
30					
31					
Summary					

my seizures at a glance

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Mc Nur	nth nber						(per)																				
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.

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

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 the 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 about taking medication, 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 a friend or to your doctor or pharmacist. Or you can call our confidential Epilepsy Helpline (see below for details).

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 your 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 below).

See our booklet *medication for epilepsy*.

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.

epilepsysociety.org.uk

01494 601 400

Monday and Tuesday 9am to 4pm Wednesday 9am to 7.30pm Confidential (national call rate)

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