



## Current medications (include all medications not just anti-seizure medications)

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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