

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)?

Date: August 2024; Due for review: August 2026

Code: B149A.05

New Anstey House, Gate Way Drive, Yeadon, Leeds LS19 7XY
Phone 0113 210 8800 epilepsy@epilepsy.org.uk epilepsy.org.uk

Epilepsy Action Helpline freephone 0808 800 5050

Patron: HRH The Duchess of Kent President: Baroness Ford of Cunninghame Chief Executive: Philip Lee

Epilepsy Action is the trading name of the British Epilepsy Association, a company limited by guarantee (registered in England No. 797997) and registered charity in England and Wales (No. 234343). Registered Office as above.