



Frequently Asked Questions and Answers

How long will I have to take AEDs?

This depends on a few things, such as¹:



How do I know if my AED is working?

Keep a seizure tracker to record how often your seizures are happening. If you are having fewer seizures than when you started taking your AED, your AED is probably working.¹

Seizure Tracker			
Date: Jan 23	Time of day or night: 3:45 PM	How long did seizure last? 10 seconds	
What was I doing before the seizure?		At my desk in office	
How did I feel before the seizure?		a little tingly in my arms	
What might have triggered my seizure?		maybe stress / havent been sleeping well lately	
Had I been taking my AEDs regularly?		yes	
When did I take my last AED dose?		this Am - 7am	



What if I have side effects?

Keep track of your side effects. They may go away the longer you take your AED.² If your side effects are bothering you or stopping you from taking the AED, talk to your doctor about whether other AEDs might be right for you. Your doctor might change the dose to find out if the side effects go away.²



What if I feel like I am taking too many pills?

Talk to your doctor. Your doctor may be able to adjust your AED or find a way for you to take fewer pills and still control your seizures.³

References

1. Perucca E, Tomson T. The pharmacological treatment of epilepsy in adults. *Lancet Neurol*. 2011;10(5):446–456.
2. Epilepsy Foundation. Side Effects. <http://www.epilepsy.com/learn/treating-seizures-and-epilepsy/seizure-and-epilepsy-medicines/side-effects>. March 2014.
3. Brown C. Pharmacological management of epilepsy. *Prog Neurol Psychiatry*. 2016;March/April:27–34c.

Exploring Epilepsy:



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