

What is a Seizure Diary?

A seizure diary is a record of the date and time that you had a seizure. You can also write down other information about the seizure such as1:

- What you were doing right before you had the seizure
- · What type of seizure you had
- · How you felt before the seizure
- If you had been taking your antiepileptic drug (AED) regularly or not
- · How you felt after the seizure
- · How long the seizure lasted
- When you took your last AED dose
- · What you think may have triggered the seizure (such as stress, lack of sleep, flashing lights)

Why should I use a Seizure Diary?

Using a seizure diary that you share with your doctor can help the doctor understand if the AED is working or not.1





How do I use a Seizure Diary?

Each time you have a seizure, fill in the blanks on one of the forms below. If you are with someone when you had a seizure, ask them for details to help you fill out the form.

What do I do with my Seizure Diary?

Take the seizure diary with you every time you see a healthcare provider who helps you manage your epilepsy. Make copies of the next 5 pages to make sure you have a good supply of tracking forms.



Seizure diaries are also available online, including apps for mobile devices:



- https://www.seizuretracker.com/STH/Seizure-Tracker-Help-Main.php
- https://itunes.apple.com/us/app/seizure-log/id410716391?mt=8 (iPhone)
- https://itunes.apple.com/us/app/epilepsy-foundation-my-seizure/id1050520042?ls=1&mt=8 (iPhone)
- https://play.google.com/store/apps/details?id=li.petril.frank.epilepsy&hl=en (Android)
- https://play.google.com/store/apps/details?id=com.epilepsyfoundation.MyEpilepsyDiary (Android)





Date of seizure:	Time of day or nigh	t:	How long did the seizure last?	
What type of seizure did you have (if you know)? If you don't know what type of seizure, write down what was happening to you during the seizure if you can remember, or if someone was with you and can tell you what was happening.				
Had you been taking your antiepileptic drugs (AEDs) regularly or not?		When did you take your last AED dose?		
How did you feel before the seizure?		How	did you feel after the seizure?	
What were you doing right before you had the seizure?				
What might have triggered the sei	zure (such as stress	, lack o	of sleep, flashing lights)?	

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How did you feel before the seizu	re?	How	did you feel after the seizure?		
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Date of seizure:



How long did the seizure last?

What type of seizure did you have (if you know)? If you don't know what type of seizure, write down what was happening to you during the seizure if you can remember, or if someone was with you and can tell you what was happening.					
Had you been taking your antiepileptic drugs (AEDs) regularly or not?		When did you take your last AED dose?			
How did you feel before the seizu	re?	How did you feel after the seizure?			
What were you doing right before	you had the seizure	?			
What might have triggered the seizure (such as stress, lack of sleep, flashing lights)?					
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regularly or not?					
How did you feel before the seizu	re?	How	did you feel after the seizure?		
			did you feel after the seizure?		

Time of day or night:

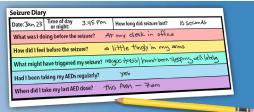




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	g the seizure if you c		know what type of seizure, write down nember, or if someone was with you and	
Had you been taking your antiepil regularly or not?	eptic drugs (AEDs)	Wher	n did you take your last AED dose?	
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Date of Scizure.	Time of day of high	1104 101	ig did tile seizure last:
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How did you feel before the se	eizure?	How did you f	eel after the seizure?
What were you doing right be	fore you had the seizure	?	
What might have triggered the	e seizure (such as stress	lack of sleep,	flashing lights)?



ate:Jan 23	Time of day or night:	3:45 PM	How long did seizure last?	10 seconds	
What was I do	ing before the	seizure? At	my desk in office		
How did I feel before the seizure? a little tingly in my arms					
What might	nave triggered	my seizure? ობ	lybeshess havent been s	epinswell lately	
	aking my AEDs		yes		
	ake my last AEI		is Am - 7am		

FORMATION / KNOWLEDGE / EMPOWERMENT					
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^{1.} Epilepsy Foundation. If First Medicine Doesn't Work. http://www.epilepsy.com/learn/treating-seizures-and-epilepsy/treatment-101-basics/if-first-medicine-doesnt-work Published October 2016.