




## How To Get the Most Out of My Epilepsy Treatment

You can get the most of your epilepsy treatment by learning more about epilepsy and how your medications affect you. Here are some things you can do to take control of your epilepsy<sup>1</sup>:



Learn more about epilepsy

Learn about treatment options for the type of seizures you have

Learn what your seizure triggers are

Learn more about your antiepileptic drugs (AEDs) and potential side effects

Follow the directions for taking each AED<sup>2</sup>

- If you aren't sure you're following the directions correctly, talk to your pharmacist or call your doctor



# Exploring Epilepsy:



INFORMATION / KNOWLEDGE / EMPOWERMENT



- Keep a seizure tracker<sup>3</sup>

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		

## Family Planning

If it's possible that you could get pregnant, understand how AEDs might affect your pregnancy.<sup>1</sup>



## References

1. National Institute for Health and Care Excellence. Epilepsies: diagnosis and management. <https://www.nice.org.uk/guidance/cg137/resources/epilepsies-diagnosis-and-management-35109515407813>. January 2012.
2. Epilepsy Foundation. Medication Adherence. <http://www.epilepsy.com/get-help/managing-your-epilepsy/managing-triggers/medication-adherence> Published November 2013. November 2013.
3. 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>. October 2016.