

# Exploring Epilepsy:

INFORMATION / KNOWLEDGE / EMPOWERMENT



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, haven't been sleeping well lately		
Had I been taking my AEDs regularly?	yes		
When did I take my last AED dose?	this AM - 7am		

## What Is a Seizure Tracker?

A seizure tracker is a record of the date and time of day that you had a seizure. You can also write down other information about the seizure, such as<sup>1</sup>:

- 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 might have triggered the seizure (such as stress, lack of sleep, flashing lights)

## Why Should I Use a Seizure Tracker?

Using a seizure tracker that you share with your doctor can help the doctor understand if the AED is working or not.<sup>1</sup>



## How Do I Use a Seizure Tracker?



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

## What Do I Do With My Seizure Tracker?

Take this seizure tracker 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 trackers 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)

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When did I take my last AED dose? this AM - 7am			

Date of seizure:	Time of day or night:	How long did the seizure last?
<p>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.</p>		
Had you been taking your antiepileptic drugs (AEDs) regularly or not?	When did you take your last AED dose?	
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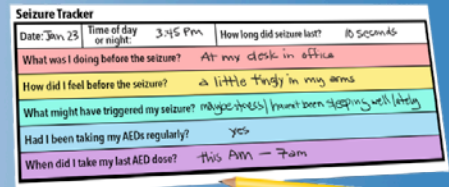
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1. Epilepsy Foundation. If First Medicine Doesn't Work. <http://www.epilepsy.com/learn/treating-seizures-and-epilepsy/treatment-101-basics/if-first-medicine-doesnt-work> Published October 2016.