

CHECKLIST FOR COMPLETING THE DIARY:

1. Before the seizure

- Any warning?
- Taste distortion?
- Feeling in stomach?
- Strange smell?
- Other?

2. During the seizure

- How long did it last?
- What movements?
- Level of consciousness?
- Breathing changes?

3. After the seizure

- Any injury?
- Confusion? Tired?
- Incontinent? Headache?
- How long did it take me to recover?
- Impact on my day to day life?

4. Possible causes

- Changed medication?
- Missed medication?
- Alcohol? Period?
- Lights? Other?

My Epilepsy Diary

I have epilepsy

- ✓ *If I have a seizure, do not be alarmed.*
- ✓ *If I am convulsing, the following is useful advice:*

My Personal Details

My Name: _____

Mr Address: _____

My Telephone: _____

Next of Kin: _____

Next of Kin Address: _____

Next of Kin Telephone: _____

Specialist: _____

Specialist Telephone: _____

Doctor: _____

Doctor Telephone: _____

Hospital: _____

Medication: _____

Allergies: _____

INFORMATION FOR FAMILY, FRIENDS AND COLLEAGUES

1. DURING THE SEIZURE

- Time how long the seizure lasts.
- Put something soft under my head.
 - Loosen any tight clothing and remove my glasses.
- Turn me on my side in the recovery position.
 - Monitor my seizure and let me know what happened.
- Call an ambulance if my seizure lasts longer than 6 minutes.
 - Never move me unless I am in danger.
- Never put anything in my mouth.

2. AFTER THE SEIZURE

- Do not give me anything to eat or drink or extra medication.
- Let me rest quietly until I recover.



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