

# Seizure Journal

Keeping track of your seizures can help you and those who care for you. This journal can help you take notes after a seizure happens. By doing this, you and your doctor can work to look for patterns and triggers. Finding these can help you take charge and work toward controlling your seizures.

Bring your journal when you visit your doctor. It will help him or her see how your medicine is working.

## Once a seizure happens, write it down!

Seizures can be hard to track.

- Use your journal after each seizure
- Write down what you noticed before, during, and after the seizure
- Talk to people who were there. Ask what they remember and write it down

## Why track my seizures?

By tracking your seizures, your doctor can help you figure out:

- Whether you are having more or fewer seizures
- If the type of seizures you have has changed—for instance, your seizures might be more severe or less severe

## How to use this journal



1. Start a new entry for each seizure. You may print more pages if you need space for more entries.



2. Answer each question as best as you can.



3. Show your notes to your doctor. Ask if there are any other things you should be writing down.

## If found, please return to:

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

My doctor: \_\_\_\_\_

Doctor phone #: \_\_\_\_\_



# JOURNAL ENTRIES

When did the seizure happen (date and time)?

How long did the seizure last?

Did you take emergency medicine?

Yes  No

Yes  No

Yes  No

Yes  No

Yes  No

Did you go to the hospital?

Yes  No

Yes  No

Yes  No

Yes  No

Yes  No

Did your medicine change before the seizure?

Yes  No

Yes  No

Yes  No

Yes  No

Yes  No

When did you last take your seizure medicine(s)?

How did you feel before the seizure?

How did you feel after the seizure?

What do you think triggered your seizure?\*

Anything else you want to note?

\*Not everyone has triggers. But some triggers might be time of day or night, fever or illness, menstrual or hormonal changes, stress, drinking alcohol, flashing bright lights and patterns, specific foods or products, too much caffeine, not taking seizure medicine, not eating well (low blood sugar), not getting enough sleep.