

Prepare for your appointment

1 If you keep a seizure diary, bring it with you

- Find tools for seizure tracking here: <https://diary.epilepsy.com> or www.seizuretracker.com

2 If you record seizure information on your own, be sure to include:

• Seizure experience

Type of seizures _____

How often they occur _____

How long they last _____

• Medications

Antiepileptic drugs _____

Other prescription medications _____

Over-the-counter medicines, herbs, and vitamins _____

Medication side effects you've observed _____

• Triggers you associate with seizures

Medications, skipped doses, drug interactions _____

Illness, fatigue, emotional stress _____

Recreational drugs, alcohol _____

Flickering or flashing lights, TV or video games _____

Hormonal changes (puberty, menses, menopause) _____

- **The impact of epilepsy** on life, work, and family. Even if it's difficult to talk about, your healthcare providers need to know how epilepsy affects you. Don't assume they understand; only you can explain your experience.

3 Make a written list of questions in advance. This will aid your memory, and help focus the conversation

1. _____

2. _____

Look ahead

- **Stay informed** about new developments in the field: www.epilepsy.com/make-difference/research-and-new-therapies/digital-tools/epilepsy-pipeline-tracker
- Ask about current **seizure treatments**, including long-term and rescue therapies