

# LET'S TALK: TREATMENT PLAN

## Talk openly with your doctor or nurse

It's important that you feel comfortable with your epilepsy treatment plan.

**Together, you and your doctor or nurse can create a personalized plan.**

Here are some ideas on how to have the conversation.



### Be confident and proactive

- Approach the appointment with assurance. You have the right to **be a partner** in your own healthcare, or in the care of your loved one
- Bring a pen and paper so you can take notes
- **Do not rush.** You can always make a follow-up appointment



### Make sure you understand whatever recommendations are made

- **Repeat the instructions** to be sure you understand
- **Ask questions** about how medication should be taken
- Ask about **lifestyle changes** to consider
- **Don't hesitate** to ask for clarification if any words or concepts are unfamiliar or confusing



### Create a seizure response plan

- Seizures can occur even when medication is taken as directed
- Work with your doctor or nurse to create a **seizure response plan**. Find a plan from the Epilepsy Foundation on [LetsTalkSeizures.com](https://www.LetsTalkSeizures.com)
- Make sure you and your loved ones know what to do in case of seizure
- Ask your doctor or nurse if they think a rescue medication would be right for you

SEE NEXT PAGE FOR HELP PREPARING FOR YOUR APPOINTMENT

# 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](http://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](http://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