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RECORDING SEIZURES

Gathering as much information as you can about your seizures can help in making a correct diagnosis.

Answering the following questions will help you put together a good description of your seizures. Ask an eye-witness to help you.

1. Date and time of the seizure:
2. Where were you at the time and what were you doing?
3. Were there any witnesses?
4. How did you feel before the event – tired, unwell, hot, anxious?
5. Were there any symptoms before the seizure, e.g., nausea, dizziness, chest pain?
6. Had you taken alcohol, drugs or substances of any kind?
7. Write down what happened before, during and after the seizure. How long did each stage last?
8. Which parts of the body were affected and how?
9. Was consciousness altered or lost?

Did any bodily changes take place, e.g., sweatiness, colour change?

10. Did you vomit or sustain any injuries?

11. What do you remember about the seizure?

12. How long did it take you to fully recover (regain consciousness and return to your usual self)?

13. Were you due to take medication at the time of the seizure? Or was medication overdue?

Keeping a seizure diary helps you and your doctor to monitor progress. Special diaries designed for this purpose are available from a number of epilepsy charities in the UK. Alternatively, print out the form overleaf and use it to keep track of your seizures.

Text supplied by Epilepsy Connections. Last updated January 2008.

Epilepsy Research UK promotes and supports basic and clinical scientific research into the causes, treatment and prevention of epilepsy. The research it supports is entirely funded by donations. A contribution would be greatly appreciated.

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Registered charity No. 1100394. Company limited by guarantee (No. 4873718 – England).

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