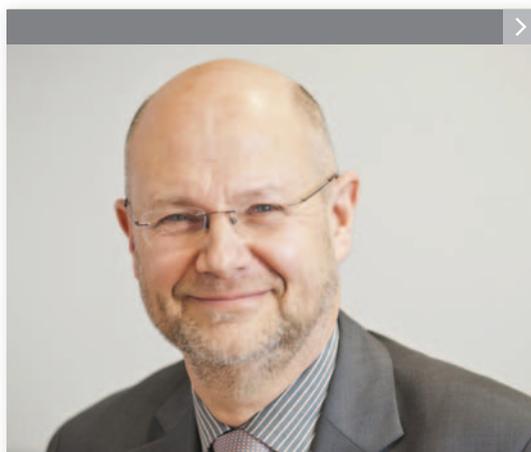


Recording Seizures

In this leaflet Professor John Duncan, a consultant neurologist in London, lists the important questions to consider when recording seizures.



Professor John Duncan

The more information you can give your doctor about your seizures, the more likely they will be to make a correct diagnosis. We have drawn up a list of questions to guide you when gathering this information. If somebody witnessed you having a seizure, ask them to help you.

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Keeping a seizure diary helps you and your doctor to monitor your progress. Special diaries designed for this purpose are available from a number of epilepsy charities in the UK.

Alternatively, you can use the form overleaf to keep track of your seizures.



1. What were the 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. Did you experience any symptoms before the seizure, e.g. nausea, dizziness, chest pain?
6. Had you had any alcohol, drugs or substances of any kind?
7. It's helpful to record what happened before, during and after the seizure. How long did each stage last?
8. Which parts of your body were affected and how?
9. Did you lose consciousness, or was it altered?
10. Did you experience any bodily changes, e.g. sweatiness or colour change?
11. Did you vomit or sustain any injuries?
12. What do you remember about the seizure?
13. How long did it take you to fully recover (i.e. regain consciousness and return to your usual self)?
14. Were you due to take medication at the time of the seizure? Or was medication overdue?

