



# Patient Toolkit: Living with Seizures

Because seizures vary greatly from person to person, determining the type and cause of a seizure can be difficult. Tracking the details of what happens before, during and after seizures can help your doctor diagnose your seizures, understand what “triggers” them, recommend treatment options and manage your care.

Capturing this valuable information is easier when all of the information is organized in one place, especially if/when multiple people may be observing the seizures.

## **Here are a few tips for using the tracker:**

1. Use one column for each occurrence.
2. Check off all behaviors that occur each time.
3. Record both the length of seizure and the recovery period.
4. Note carefully what takes place after the seizure.
5. If a rescue medicine is given, record what is given and when.
6. If you have a vagus nerve stimulator, record when the magnet was used.
7. At the bottom, list any possible triggers that may have caused the seizure, including changes to sleep patterns, stress levels, illnesses, medications or lifestyle changes.
8. Women should record menstrual cycle days, as hormonal shifts may trigger seizures.

Talk to your doctor about how to best use your tracker. Ask if your doctor would like you to track any additional information. Be sure to bring a copy of your tracker with you to each doctor appointment.

To discuss your seizures and to schedule an in-person or telehealth appointment with a neurologist, call **713.704.7100** or visit **[memorialhermann.org/contact-neuro](http://memorialhermann.org/contact-neuro)**. Use the Seizure Tracking Tool to record your seizures and share with your provider.

***Turn over to track your seizures.***

(over)

### MY SEIZURE EVENT DIARY

Name \_\_\_\_\_

- Instructions:
- Use 1-column for each event.
  - Check off all behaviors that apply.

During Seizures		Date/Time	Date/Time	Date/Time	Date/Time	Date/Time	Date/Time	Date/Time
Awareness	Fully Aware							
	Confused							
	Responds to Voice							
	Not Responsive							
Facial Expressions	Staring							
	Twitching							
	Eyes Rolling							
	Eyes Blinking							
Head Movements	Sudden Head Drop							
	Turns to 1-Side							
	Turns Side to Side							
Body Stiffens	Whole Body							
	Legs							
	Arms							
Jerking Movements	Whole Body							
	Legs							
	Arms							
Automatic Movement	Hands Clapping, Rubbing							
	Lip Smacking, Chewing							
	Walking, Wandering							
	Running							
Speech	Able to Talk Normally							
	Unable to Talk							
	Incoherent/Nonsense Words							
	Mixing Up Words							
Fall	Fall- Yes/No							
After Seizure	Fully Aware							
	Responds Normally							
	Confused							
	Tired							
	Asleep							
	Agitated, Irritable							
	Incontinent - Yes/No							
	Injury - Type/No							
Time	Length of Seizure							
	Length of Recovery Time							
Interventions	Rescue Medicine Given							
	VNS Magnet							
Triggers - List any possible triggers								
Name of Observer								



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