

Questions to ask your neurologist

Appointments go fast. Tick the questions you want to ask, bring your seizure diary, and write the answers down, or bring someone who can.

Understanding the diagnosis

- ☐ What type of seizures do I have, and what type of epilepsy?
- ☐ What might be causing them? Are more tests needed?
- ☐ What are my likely triggers, and how can I reduce them?

Medication

- ☐ What side effects should I watch for, and which ones should I call you about?
- ☐ What do I do if I miss a dose?
- ☐ Does this interact with other medicines, birth control, or alcohol?
- ☐ Do I need a rescue medication? When and how would it be used?

Daily life

- ☐ What are the driving rules for me, and when might that change?
- ☐ Is it safe for me to swim, bathe alone, cook, or work at heights?
- ☐ Can you write a letter for school or work about accommodations?
- ☐ If I am planning a pregnancy, what do I need to know first?

Next steps

- ☐ When should I call you, and when should I go to the emergency room?
- ☐ What should happen if the seizures keep coming?
- ☐ When is my next appointment, and what should I track until then?

My own questions

What the doctor said
