

Seizure Diary

Patterns show up on paper that nobody can hold in their head. Bring this to every appointment.

What to write down

- **Date and time** it started.
- **How long** it lasted. Time it if you can.
- **What happened before:** missed sleep, missed or late medication, stress, illness, alcohol, flashing lights, anything unusual.
- **What it looked like:** staring, jerking, stiffening, confusion, falling, which side of the body.
- **After:** how long until they were back to normal, and how they felt.

Why it helps

A written record gives the doctor facts instead of memories. It can show whether a medication change is working, and reveal triggers you would not otherwise notice.

Tips

- Fill it in the same day while it is fresh.
- Ask whoever saw it to describe what they saw.
- A phone video, taken safely, can help the doctor.

Example entry

DATE / TIME	HOW LONG	BEFORE (POSSIBLE TRIGGERS)	WHAT IT LOOKED LIKE	AFTER / RECOVERY
Mar 3 7:40 am	About 2 min	Up late two nights. Took morning dose late.	Stared, did not answer, then right arm jerked.	Confused 20 min, then slept 1 hr.

NAME

MONTH / YEAR

DATE / TIME	HOW LONG	BEFORE (POSSIBLE TRIGGERS)	WHAT IT LOOKED LIKE	AFTER / RECOVERY

NAME

MONTH / YEAR

DATE / TIME	HOW LONG	BEFORE (POSSIBLE TRIGGERS)	WHAT IT LOOKED LIKE	AFTER / RECOVERY