



Triggers for my epilepsy are...eg if you are tired, unwell, missing your medication



How I appear and act before a seizure...explain how you feel



My seizures look like...explain your seizures e.g. I might wander around, may have sudden jerking movements



How to support me when I have a seizure



How to support me after a seizure...how I recover
e.g. sleep, confusion



What to do if I need rescue medication or when to call for help

- I must remember to take my medication list to appointments.
- I must remember to record all my seizures and take it to my next appointment. If I go to hospital I will take my hospital sheet too.
- I must remember to take my medication into hospital if I need to stay in.

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Record your seizures here:

Date



Time



How long?














1).....
2).....
3).....
4).....
5).....
6).....
7).....
8).....
9).....
10).....
11).....
12).....
13).....
14).....

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Record your seizures here:



Date 		Time 	
Description of seizure 			
How long the seizure lasted 			
How was the recovery e.g sleeping or okay 			
Was rescue medication used? 			

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Was rescue medication used? 