
Seizure Diary

Epilepsy Introduction

Some people find that their brain tumour causes epilepsy. Our brain functions on electrical activity. When there is a sudden abnormal burst of this electrical activity, it causes disruption to the normal working brain and the body and brain can act strangely. This is a seizure. Seizures come in many shapes and forms.

You can find a wealth of information and extra support on epilepsy in the following places:

NHS Choices, Epilepsy

www.nhs.uk/Conditions/Epilepsy/Pages/Introduction.aspx

Epilepsy Action **www.epilepsy.org.uk**, or call **0808 800 5050**

Your seizure diary

Some patients find a diary is a useful method of tracking their seizure activity. Using the diary may aid diagnosis and treatment, better engage you in your care, and help your consultations be more interactive. Your consultant might find it useful too. When you see your consultant, it can be challenging trying to remember everything that has happened since your last appointment. You will likely find it easier and more reliable to refer to your seizure diary and

the general overview, than trying to remember details of your past seizures. Also, you and your consultant may spot themes, which can help with your diagnosis and treatment. Certain triggers, for example, may keep cropping up, or perhaps your seizures tend to happen at a similar time of day.

How to use your seizure diary

Time of seizure

You may find it helpful to log what time you have seizures, in case you notice a pattern. If there is a pattern, share it with your consultant.

Length of seizure

You or someone who has witnessed your seizure may know what time your seizure ended. With this, you can work out how long your seizure lasted. This can be very helpful information to pass on to your specialist.

Description

As well as logging the date and times of your seizures, you can write a description of what happens and what you feel.

Triggers

There is space to jot down anything you feel may have triggered your seizure. Examples of triggers include forgetting to take medication or changes in medication, stress, not eating regularly, flickering lights.

Notes

In the notes section, you could jot down anything else you think is important, such as how you were feeling before the seizure – did you have any warning? How did you feel after and how long did it take you to recover? If anyone was with you, they could tell you what it looked like. You can also use this section to record if you're experiencing any side effects from your anti epilepsy medication.

Date	Time seizure starts	Length of seizure	Description (and seizure type if known)	Possible triggers	Notes

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General Overview

Here you can summarise your situation to your consultant. This will save you the stress of having to remember patterns or determine them quickly from looking at your diary.

This section can also be a useful memory aid for things that you want to say or ask in your consultation.

Date of my last consultation / /

– date of my next consultation / /

My overview:

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Date of my last consultation / /

– date of my next consultation / /

My overview:

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– date of my next consultation / /

My overview:

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Sources

Epilepsy Action, *Keeping a Seizure Diary*, available at:
www.epilepsy.org.uk/info/diagnosis/seizures-diary, 2014

NHS, *Epilepsy – Causes*, available at:
www.nhs.uk/Conditions/Epilepsy/Pages/Causes.aspx, 2014

Patient.co.uk, *Living with Epilepsy*, available at:
www.patient.co.uk/health/living-with-epilepsy, 2012