

## **A Record of your Seizures**

**Keeping a diary of your seizures and any circumstances surrounding the onset and length can sometimes help towards finding specific triggers and aid toward diagnosis. Gathering this information can be difficult and you will need to consult those around you to help with ensuring the data is as complete as possible.**

1. Date and time of the seizure:
2. What were you doing, and where were you immediately before your seizure?
3. Did you have any warning signs?
4. Have you been feeling unwell or under the weather, have you been under any particular stress?
5. Was anyone with you?
6. Had you taken alcohol, drugs or substances of any kind?
7. What occurred during and after the seizure. How long did each stage last?
8. Which parts of the body were affected and how?
9. Did you lose consciousness or stop breathing?
10. What physical changes were there e.g. changing colour, excessive sweating etc?
11. Did you sustain any injuries?
12. Can you recall anything about the seizure?
13. How long did it take you to recover fully?
14. Have you missed or were you due any medications?

Maintaining this diary will assist both you and your consultant/doctor to monitor your progress

This document is the property of S.T.A.B.L.E. and can be reproduced for personal use only.

Registered Charity Number: 1124065

Date	Awake/asleep	Time	Triggers	Notes (e.g., duration, recovery time)

This document is the property of S.T.A.B.L.E. and can be reproduced for personal use only.