

Using a Seizure Tracker

Seizures occur away from the doctor’s office. Keeping a seizure tracker can be a helpful way to:

- Keep track of each of your seizures
- Record information to share at your healthcare visits
- Identify patterns or triggers that may guide your care

If you are with someone when you have a seizure, please ask them for details to help you fill this out. You can also suggest they take a video or picture to share with your doctor.

Below is an example of an entry for one day. Callouts explain how and why to complete each section. The following page has a blank seizure tracker form to get you started.

This information has been provided for your education and to improve communication with your healthcare team.

Did you take your epilepsy medicines?
By writing down whether you’ve taken your medicines each day, you can be sure you won’t miss a dose. Plus, it can be an effective way to spot changes in your symptoms caused by a forgotten dose.

Did you have any seizures?
Tracking the number, type, and frequency of your seizures helps your healthcare team most effectively manage your treatment. Check yes or no to record any seizures you had. If you did have a seizure, be sure to record which type of seizure: small (partial/focal) or big (generalized/grand mal), how many of each you experienced, and what time during the day they occurred.

DATE	DID YOU TAKE YOUR EPILEPSY MEDICINES?	DID YOU HAVE ANY SEIZURES?	IF YES, WHAT TYPE?	HOW MANY?	WHAT TIME OF DAY?
	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Small (partial/focal)		
			<input type="checkbox"/> Big (generalized/grand mal)		

SEIZURE DETAILS (triggers, how you felt before and after a seizure, etc.)

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Use this space to record more details about your seizures. This may include any seizure triggers identified, how you felt after a seizure, symptoms experienced, or even questions to ask your doctor at your next visit.

Seizure Tracker

This seizure tracker is a quick, simple way to record your day-to-day experience with epilepsy. Be sure to take your completed tracker with you to share with your doctor at your next healthcare appointment.

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