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Seizure Diary

What is a seizure diary for?

Keeping a seizure diary can be useful as it may help a person to remember when they have had seizures, and to identify whether there are any specific triggers for the seizures.

This may enable them to try to avoid any known triggers in order to reduce the frequency of seizures. Information recorded in the diary can also help the doctor to determine how effective the current medication is, and to plan future treatment. Times and dates of seizures are recorded in the diary, along with any other relevant information such as medication changes, menstrual cycle or illness.

The seizure diary on this website can be printed off and used to record seizures for a single month. Further copies of the page can be printed and used for the following months, in order to build up a record of seizures over a number of months.

How to fill in the seizure diary:

1. Print out the diary page.

Date	Sleep Seizures	Waking Seizures	Time of Seizures	Comments
1 st		1B	7am	Feeling tressed
2 nd				
3 rd		1A 1B	9am	Period

2. Fill in the details at the top and bottom of the page. If you have more than one type of seizure, you can describe each kind in the spaces for 'seizure type'. The letters next to each will help you when you come to record your seizures in the chart. If you only have one type of seizure you won't need to fill this section in.

3. As seizures occur, record them in the chart, either in the column for sleep seizures or in the column for waking seizures. In addition, record the number of seizures which occur and use the letter for the corresponding seizure type (as you described at the bottom of the diary page). For example, if you had two seizures while you were awake, of the type which you described as 'B', you would write '2B' in the column for waking seizures.

4. Note the time at which the seizures occurred in the next column.
5. In the 'comments' column, write down anything else that might be important.

For example:

- a. changes in the type or dose of your anti-epileptic medication as prescribed by the doctor
 - b. missed doses of medication
 - c. illness
 - d. your period
 - e. additional medication you have taken (including over the counter and herbal medication).
 - f. also include any other factors which might be triggers, such as alcohol, mood changes, bad news, excitement, stress, missed or delayed meals, or excessive tiredness.
6. Add up the totals at the end of the month.
 7. It is helpful to take the diary with you when you visit your doctor, to show him/her what you have recorded. You can print out another copy of the diary page for the next month.