

TALKING TO YOUR HEALTHCARE PROVIDER ABOUT YOUR CONDITION

Discussing your condition with a healthcare provider may not be easy. But going to your appointment prepared with information and questions to ask could help you get the most out of your visit.

Describe your seizures

I experience:

- partial-onset seizures generalized-onset seizures

I have seizures about _____ times a week/month/year.

My seizures usually last for _____ seconds/minutes.

When my seizure stops, it usually stops:

- Slowly Gradually Very quickly

When I'm having a seizure, I

(for example, zone out, have muscle twitching, etc.):

After I have a seizure, I feel

(for example, achy, confused, etc.):

Before I have a seizure, I usually feel

(for example, tired, dehydrated, stressed, etc.):

Triggers I'm sure about:

Triggers I'm not sure about:

- I never know when a seizure will happen.

It takes _____ minutes/hours to feel like myself again.

Ask your healthcare provider

Asking your healthcare provider the following questions may help you get a better handle on your seizures:

- Besides taking medicine, what are some things I can do to help control my seizures?
- Are there certain activities I should avoid?
- If I'm having a seizure, when should an ambulance be called?
- What do my friends/family/coworkers need to know about my seizures?
- Is there a medicine I can take to reduce the number of seizures I have?
- Is there a medicine I only have to take once a day?

For caregivers of a seizure sufferer

Caring for someone experiencing seizures can be difficult, especially if it's a child or person who has difficulty understanding what's happening. It might help to complete this guide together before a healthcare visit.

Describe your treatment

I am taking a medicine to help control my seizures.

Yes, once a day Yes, twice a day No

Other _____

If yes:

My medicine works well for me. Yes No

My medicine seems to work, but there are side effects
(for example, upset stomach, disorientation, confusion, etc.):

These are some challenges I have with my current medicine
(for example, I have trouble remembering to take it, etc.):

If no:

I have made these lifestyle changes, but I still have seizures
(for example, diet, sleep schedule, etc.):

How seizures affect my life:

My seizures affect my job.

Rarely Somewhat often Frequently

My seizures keep me from going to social events.

Rarely Somewhat often Frequently

My seizures affect daily life.

Rarely Somewhat often Frequently

Ask about your new medicine

If your healthcare provider prescribes a new medicine, here are some questions you could ask:

- How often should I take this medicine?
- What if I miss a dose?
- What are the side effects and how can I manage them?
- Will this interact with any other medicines I take?
- How could this medicine affect my daily life?
- How long will I have to stay on this treatment?
- How long before I know it's working?
- What if it doesn't work at all?
- How much does this treatment cost?
- Can I get co-pay assistance if I need it?
- Are there other treatment options available to me?

Use this space to write down some additional things you want to talk to your healthcare provider about:

Don't forget to bring something to take notes with during your appointment.

With the right treatment, you may be able to achieve your goal for seizure control.