

# 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.):

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### After I have a seizure, I feel

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

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### Before I have a seizure, I usually feel

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

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### Triggers I'm sure about:

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### Triggers I'm not sure about:

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- 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.):

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

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**If no:**

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

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**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:

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**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.**