



MY EPILEPSY
DIARY

epilepsy
SOUTH AFRICA

PERSONAL DETAILS

NAME

Address

Telephone

NEXT OF KIN

Address

Telephone

SPECIALIST

Telephone

DOCTOR

Telephone

HOSPITAL

Medication

Allergies

INFORMATION FOR FAMILY, FRIENDS AND COLLEAGUES

I have epilepsy

If I have a seizure, do not be alarmed.
If I am convulsing, the following is useful advice.

1

During the seizure

- Time how long the seizure lasts.
- Put something soft under my head to protect my body from any further injury.
- Loosen any tight clothing and remove my glasses (if any).
- Turn me on my side in the recovery position to help me breathe easily.
- It is useful to monitor my seizure and if possible let me know what happened afterwards.
- Call an ambulance if my seizure lasts longer than 6 minutes.
- Never move me or pick me up unless I am in danger.
- Never put anything in my mouth or burn anything in front of my nose.

2

After the seizure

- Never give me anything to eat or drink or give any extra medication.
- Let me rest quietly until I recover.

ADVICE ON HOW TO USE THIS DIARY

Some general advice

- Take your treatment as prescribed.
- Avoid shortages of sleep.
- Too much alcohol may trigger more seizures.
- Do not drive without official permission from neurologists.
- Do not sleep in the bath.
- If you take contraceptive medication, inform your clinic that you are on anti-epileptic medication.

How to use this diary

To ensure the best management of your epilepsy, you and your doctor need to know how often seizure occur, the time at which they occur and the nature of the seizure.

You can assist by recording your seizures as they occur. Use the checklist to ensure you record the most important facts and possible causes.

Take this diary with you when you visit the doctor.



CHECKLIST FOR COMPLETING THE DIARY

1

Before the seizure

- Any warning
- Taste distortion
- Feeling in stomach
- Strange smell
- Other

2

During the seizure

- How long did it last?
- What movements?
- Level of consciousness?
- Breathing changes?

3

After the seizure

- Any injury?
- Confusion?
- Tired?
- Incontinent?
- Headache?
- How long did it take you to recover?
- Impact on your day to day life

4

Possible causes

- Changed medication?
- Missed medication?
- Alcohol?
- Period?
- Lights?
- Other?

Date	Time seizure started	Duration	Describe what happend <i>(what the seizure looked like)</i>
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USEFUL CONTACTS

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