

Seizure diary

Recording the timing, duration, course and circumstances of epileptic seizures

NAME	DATE OF BIRTH	PERIOD FROM – TO
_____	_____	_____

[illegible]

How to fill this in

Seizure type: note it if known (e.g. focal, generalised tonic-clonic, absence).

Aura: a warning such as tingling, an unusual smell or taste, nausea, a feeling of fear, déjà vu.

What happened: jerking, stiffening, a fall, tongue biting, incontinence, eyes turning, confusion afterwards.

Recovery time: how long until you were fully oriented again.

Triggers: lack of sleep, fever, alcohol, a missed dose of medication, flickering light, stress.

Relatives can often describe a seizure more accurately than the person affected – please involve them.

Important

Emergency — call 144 immediately: a seizure lasting longer than 5 minutes · repeated seizures without recovery in between · breathing difficulty or lasting blue discolouration · serious injury · a first seizure.