

## **Gathering Seizure Information**

It is a good idea to collect as much information as possible about the seizure/s to share with your doctor. We have put together some questions to help you, as well as anyone who has seen you have a seizure. The answers to these questions could give you useful information to take to a meeting with your doctor.

- 1. What was the date and time of the seizure/s?
- 2. Where did the seizure/s happen (e.g. home, work, school)?
- 3. What were you doing just before the seizure/s happened?
- 4. Did anyone see you have the seizure/s?
- 5. How did you feel before the seizure/s (e.g. hot, stressed, unwell)?
- 6. Did you experience any unusual feelings before the seizure (e.g. nausea, dizziness, unusual smells, tingling, pain)?
- 7. Had you used any alcohol or drugs before the seizure/s (prescription or recreational)?
- 8. Were any parts of your body affected during the seizure/s (e.g. stiff limbs, floppy limbs, jerking, convulsions, closed or open eyes)?
- 9. Was one side of the body or face more affected than the other (e.g. head turning to one side, eyes or limbs moved to the right or left)?
- 10. Did you lose consciousness, get injured and/or experience changes to breathing?
- 11. Did you talk or do anything unusual during the seizure/s?
- 12. Were you able to respond to others during the seizure/s?
- 13. Did you bite your tongue or the inside of your cheek during the seizure/s?
- 14. Did you lose bladder or bowel control during your seizure/s?
- 15. What do you remember about the seizure/s?
- 16. How long did it take you to fully recover after the seizure/s (i.e. feel alert and able to return to your normal self)?





