

# 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)?



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