

## Adult Seizure Record Form

### *How You Can Help The Doctor*

#### Observing and Recording Seizures

There are many different kinds of seizures. The doctor must know which kind you had before the right medication can be prescribed. Sometimes it's difficult to tell certain kinds of seizures from others. The doctor may not see the seizure, so he or she must rely on your description, or the information that you got from others, about your seizures and the form they take along with what medical tests reveal to help the physician to decide which medication to use. The better you are in describing the seizure, the easier and, perhaps, quicker it will be for the doctor to start bringing the seizures under control. It is possible to have more than one type of seizure. If you think you have had more than one kind, be sure to describe each one separately and record the type you think it is.

**The following list of things to look for should help you in describing what happens to you before, during and after the seizure:**

- a) What were you doing at the time of the seizure?
- b) What was the exact time of day?
- c) What took place before the seizure?
- d) Had you just awakened in the morning or had you just started or finished a nap?
- e) What made you aware that you had had a seizure?
- f) What called your attention to it (cry out, fall, stare, head turn, etc.)?
- g) Did you experience a warning?
- h) How did the seizure develop (suddenly, gradually, one part of the body, etc.)?
- i) Do you remember what happened during the seizure?
- j) Were others with you?
- k) Did they say your body became stiff?
- l) Did they tell you what part of your body moved first? Next?
- m) Were there jerks, twitches, or convulsions?
- n) Did your eyelids flutter or the eyes roll?
- o) Did your skin show changes (flushed, clammy, blue, etc.)?
- p) Did your breathing change?
- q) Did you talk or perform any actions during the seizure?
- r) Did you become drowsy or sleepy afterward?
- s) Did you lose control of your bladder or bowel during the seizure?
- t) How long do you think the seizure lasted? (You might ask friends or family members to actually look at a watch or clock next time you have a seizure, because we all have a different sense of time.)

**A Adult Seizure Record Form (pg. 2)**  
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- u) Could people talk to you during the seizure?
- v) Did you respond?
- w) How did you feel after the seizure (alert, drowsy, confused, remember what happened, etc.)?
- x) Did you have any unusual feelings, sensations or perceptions that you can remember before the seizures?
- y) If you are taking medication, when was the last dose?
- z) Any other things associated with your seizure you think the doctor should know?

**Keeping a Seizure Record**

The following form will help you to keep a record of when your seizures occur. You should find it useful for making an accurate report during visits to the doctor. It will be particularly helpful during the early visits when the doctor is developing the proper medication program for you.

**Seizures Record**

Date	Time of Day	How Long Seizures Lasted	Description of Seizure and Other Information to be Discussed with the Doctor.