

Using a Hard-Copy Seizure Diary

While some people like to use apps, other people prefer to use hard-copy journals or diaries to record their seizure activity and note any epilepsy-related matters or concerns. This may involve someone keeping a notebook or typing entries into a computer program, and is a great resource to track activity over time.

If you are developing your own diary or journal we recommend that you include some key information:

- Seizure activity and types, including dates and frequency of any events
- Medication side-effects you might be experiencing
- Possible seizure triggers that you, or others, are noticing
- Information about any changes to medication, such as your doctor lowering medication doses or introducing a new medication

A seizure diary is a good way of regularly recording information about your epilepsy, and a great place for others who witness your seizures to write down information. This will be good for your own self-care and to share with your doctor so they have more information to support you. If you plan on sharing the information you have documented in a hard-copy diary with your doctor consider writing a summary of key information so that your medical appointment can be useful and productive for both of you.

You can use the below template to create your own seizure diary.

[Seizure Record FormDownload](#)