

Keeping a seizure diary helps you and your doctor monitor progress.

Epilepsy Namibia: Seizure diary.						
Name:			Month:			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>These answers will help you put together a description of your seizures. Ask an eye-witness to help you.</p> <p>1. Date and time of the seizure: 2. Where were you at the time and what were you doing? 3. Were there any witnesses? 4. How did you feel before the event—tired, unwell, hot, anxious? 5. Were there any symptoms before the seizure, e.g., nausea, dizziness, chest pain? 6. Have you taken alcohol, drugs or substances of any kind? 7. Write down what happened before, during and after the seizure. How long did each stage last?</p>			<p>8. Which parts of the body were affected and how? 9. Was consciousness altered or lost? 10. Did any bodily changes take place, e.g., sweating, color change? 11. Did you vomit or sustain any injuries? 12. What do you remember about the seizure? 13. How long did it take you to fully recover (regain consciousness and return to your usual self)? 14. Were you due to take medication at the time of the seizure? Or was medication overdue?</p>			

Epilepsy Namibia (wo292)
 PO Box 11822, Klein Windhoek
 Cell: 081 3226834
 email: namep@epilepsynamibia.org