

Seizure Tracking Record

Name: _____ Date of Birth: _____

Keeping a record of your seizures is important. This helps your doctor to treat you. Each time you have a seizure, keep a record of it in the following table, and then bring your record with you every time you see your doctor. Your doctor can help you keep track of your medications, labs, & appointments for your seizures.

SEIZURE RECORD

Date & Time of seizure	How long the seizure lasted	Description of seizure	How has this seizure affected usual functioning?

* see back for additional seizure record

MEDICATION RECORD

Date	Name of Medication	Time of Day to take Medication	Dose of pill & how many pills to take at one time	Date to stop taking pills

APPOINTMENTS: include any ER visits or hospitalizations resulting from seizure

Date	Primary Care Doctor, Neurologist, Clinic, Hospital (include behavioral health appointments)	Telephone #

GUIDELINES FOR SEIZURE MANAGEMENT: Labs for drug level testing, etc.

Date	Lab Work	Other

