

My Epilepsy Diary



CHECKLIST FOR COMPLETING THE DIARY

PERSONAL DETAILS

NAME _____

Address _____

Telephone _____

NEXT OF KIN _____

Address _____

Telephone _____

SPECIALIST _____

Telephone _____

DOCTOR _____

Telephone _____

HOSPITAL _____

Medication _____

Allergies _____

1 Before the seizure

- Any warning?
- Taste distortion?
- Feeling in stomach?
- Strange smell?
- Other?

2 During the seizure

- How long did it last?
- What movements?
- Level of consciousness?
- Breathing changes?

3 After the seizure

- Any injury?
- Confusion?
- Tired?
- Incontinent?
- Headache?
- How long did it take you to recover?
- Impact on your day to day life?

4 Possible causes

- Changed medication?
- Missed medication?
- Alcohol?
- Period?
- Lights?
- Other?

INFORMATION FOR FAMILY, FRIENDS AND COLLEAGUES

I have epilepsy

If I have a seizure, do not be alarmed.
If I am convulsing, the following is useful advice.

1 During the seizure

- Time how long the seizure lasts.
- Put something soft under my head to protect my body from any further injury.
- Loosen any tight clothing and remove my glasses (if any).
- Turn me on my side in the recovery position to help me breathe easily.
- It is useful to monitor my seizure and if possible let me know what happened afterwards.
- Call an ambulance if my seizure lasts longer than 6 minutes.
- Never move me or pick me up unless I am in danger.
- Never put anything in my mouth or burn anything in front of my nose.

2 After the seizure

- Never give me anything to eat or drink or give any extra medication.
- Let me rest quietly until I recover.

USEFUL CONTACTS

National Office Epilepsy South Africa

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