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Epilepsy

SEIZURE RECORD

Seizure Record

Keeping a record of seizures is important. As well as recording the characteristics of the seizure, also note the date, time, and length of the seizure and events/behavior changes before and after the seizure. The following questions may help.

Before The Seizure

- What activities took place just before the seizure?
- What was the setting?
- Were there any provoking factors (e.g. lack of sleep, exposure to flickering lights from television, strobe lights, etc., recent illness, drug or alcohol abuse, missed medication, missed meals)?
- If using seizure medication, when was the last dose of medication taken before the seizure? What was the medication?
- Were there symptoms that preceded the seizure by many hours or days (known as prodrome) such as mood changes, dizziness, anxiety, or restlessness?

The Seizure

- How did the seizure begin?
- Did the seizure occur at night, upon awakening, or during the day?
- Was there an unusual sensation, feeling, or movement (known as an aura)?
- Was there unusual or involuntary body movement? What part of the body moved first? Next?
- Was there responsiveness during the seizure?
- Were there automatisms (e.g. lip smacking, chewing movements, rapid blinking, head turning, pulling at clothing, random walking)?
- Was there the experience of daydreaming?
- Was there blank staring?
- Was there eyelid fluttering or eye rolling?
- Did the body become rigid?
- Was there a cry or a yell?
- Was there jerking and if so, did it occur on one side more than on the other?
- Was there a change in skin color? Breathing?
- Was there a fall?
- Was the tongue or lip bitten?
- Was there a loss of bowel or bladder control?

When To Call An Ambulance

- If a convulsive seizure lasts longer than 5 minutes.
- If consciousness or regular breathing does not return after the seizure has ended.
- If a seizure repeats without full recovery between seizures.
- If confusion after a seizure persists for more than one hour.
- If a seizure occurs in the water and there is any chance that the person has inhaled water. Inhaling water can cause heart or lung damage.
- If it is a first-time seizure, or the person is injured, pregnant, or has diabetes. A person with diabetes may experience a seizure as a result of extremely high or low blood sugar levels.

NOTE: In assessing the need to call an ambulance, a combination of factors has to be considered. For example, if cyanosis (blue or gray color) or labored breathing accompanies the seizure, then an ambulance may be called earlier. If a person is known to have epilepsy and the seizure pattern is uncomplicated and predictable, then ambulance help may not be necessary.

After The Seizure

The period following a seizure is referred to as the postictal period. Some individuals experience temporary confusion, fatigue, and/or weakness following a seizure. Detailing the experience that occurs after the seizure also provides useful information.

- Was there temporary confusion?
- Was there temporary fatigue or sleepiness?
- Was there a headache?
- Was there temporary weakness in any part of the body?
- How long did this period last?
- Was there recall of the seizure?
- Was there an injury as a result of the seizure?



This booklet is designed to provide general information about epilepsy to the public. It does not include medical advice and people with epilepsy should not make changes in treatment or activities based on this information without first consulting a physician.

SEIZURE RECORD

Date						
Time						
BEFORE THE SEIZURE						
Activities just before						
Setting						
Triggering factors						
Mood changes						
Date/Time of last dose of seizure medicine						
Symptoms many hours or days before						
SEIZURE (USE ✓) Indicate right or left side when appropriate						
Aura						
Change in awareness						
Confused						
Unable to talk						
Follows commands						
Twitching						
Chewing motions						
Eyes staring						
Eyes blinking						
Eyes rolling						
Went limp						
Became stiff						
Jerking						
Fell						
Skin color flushed						
Skin color pale						
Skin color bluish						
Labored breathing						
Frothing at the mouth						
Loss of bladder or bowel control						
AFTER THE SEIZURE						
Alert						
Confused						
Sleepy						
Agitated						
Headache						
Limb weakness – left or right?						
Injured – where?						
Duration of Seizure						
Additional Comments						