



Epilepsy:

A Doctor Discussion Guide for Patients and Caregivers

Tracking seizures

- I feel like my seizure episodes are more frequent lately. Does this mean I'm experiencing progression?
- Are there any tools that can be used at home to track seizure frequency?
- If we don't act now, could the seizures become more frequent?
- What will we do if that happens?

Caregiver support

- What other treatment options are available for us to try? What will I need to do to make sure it has the best chance of working?
- It's hard for me to see the person I care for experiencing seizures more frequently. What are some ways I can best support them?
- I've had a lot of anxiety lately about when the next seizure will be and if I'm prepared for it. Can you recommend support groups, therapists, or other resources for caregivers of people living with epilepsy?

Exploring treatment options

- Even with a daily medication, the seizure episodes seem to be happening more often. What's our next move?
- Are there any treatment options besides daily medication? How do those other treatments work?
- How will we know when it's time to add something new to the treatment plan?

Symptom check-in

- Full or partial loss of awareness
- Muscle jerks or muscle stiffness
- Loss of muscle tone
- Changes in senses and emotions
- Confusion or fear
- Sudden stillness
- Staring
- Repetitive movements like hand-clapping

Notes: