

Planning For Your Healthcare Appointment

Prepare

- **Keep a seizure log.**
 - △ Ask your Clinic to Community Educator for a Seizure Log.
 - △ Fill it out every time you have a seizure. The more details you include, the better.
 - △ Bring it to any epilepsy related appointments. (Medical and community)
 - △ If you chose to share the Seizure Log with your health care team – give them a photocopy.
 - **Track your medications**
 - △ List all of your prescriptions for epilepsy, including their
 - ◇ Names
 - ◇ Dosages
 - ◇ How often you take them
 - ◇ Side effects
 - ◇ Reasons for Stopping the Medication
 - △ Track all your over-the-counter medications, vitamins, supplements, and herbal remedies.
 - △ These lists give your healthcare team the information they need to advise you on possible drug interactions.
 - △ Keep the list with your Seizure Log.
 - △ You can bring your original bottles to your health care appointments or take a cell phone picture of the labels on each bottle.
 - **Bring a pen and paper (notebook) to take notes during your appointment or you can bring a family member, friend or the Clinic to Community Educator to your appointment to takes notes.**
 - **Get ready to ask questions**
 - △ Create a list of questions you have for your healthcare provider. These will be about your seizures, medications, side effects, etc.
 - △ Pharmacists can also answer your questions about medications, side effects, and drug interactions.
 - △ Create a list of questions for your Clinic to Community Educator. These can be about your Driver's License, school, work, mood, behaviour, discrimination, financial support, etc.
 - **Learn about epilepsy**
 - △ Your Clinic to Community Educator will give you information about epilepsy and seizures and provide you with strategies to cope with this diagnosis.
 - △ Your Clinic to Community Educator does not diagnosis or treat your seizures but they can help you to understand your rights in the healthcare system and in the community.
 - △ The more you know about epilepsy, the better you will be able to manage your seizures and maintain a healthy lifestyle.
- TIP:** At your request, your Clinic to Community Educator will go with you to your appointment to take notes, ask questions, and help you understand the information provided.
- TIP:** If you have trouble with your mood, coping, or feelings of hopelessness, talk to a member of your healthcare team.

Share Information With Your Healthcare Professional

- Be HONEST when you describe how you feel.
- Explain other medical conditions, including physical and mental health.
- Tell your epilepsy care team if you are seeking help from other sources (naturopath, herbal remedies, biofeedback, chiropractic, etc)
- Don't be too embarrassed to share personal details or sensitive subjects. Your healthcare team is there to help.

TIP: If you don't understand what the doctor said, ask them to repeat it or write it down for you.



Before You Leave:

- **Make sure you understand**
 - Δ If there are new instructions to follow.
 - Δ If there are any changes in your medications or other treatments.
 - Δ If any follow up is needed. Was the healthcare provider going to book an EEG, MRI or refer you to a specialist?
- **Write any new information about your seizures/epilepsy and changes to treatments in your Seizure Log.**
 - Δ Include why changes were made.
 - Δ Confirm with the healthcare provider that your understanding of the information they gave you is correct.
 - Δ Find out when to return for your next visit.
 - Δ Ask for medication renewals.

TIP: Find a consistent place to write down follow up appointments: this can be on your Seizure Log, a calendar on your fridge or electronically on a calendar on your cell phone or computer.