




Keeping track

Why tracking the seizures and the changes helps you
and your epilepsy team

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URMC Pediatric Epilepsy Center

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- What is important to you?
 - What is important to your epilepsy team?

**What is important to discuss
with your neurologist?**



seizures numbers

ER trips

menses

postictal periods/changes

rescue medications

VNS swipes

side effects

medications

triggers

sleep

seizure types



Epilepsy Frequency Calendar for Month of _____

Seizure Type 1:		Seizure Type 2:		Seizure Type 3:		Seizure Type 4:	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
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www.FreePrintableMedicalForms.com

https://www.freeprintablemedicalforms.com/preview/Epilepsy_Calendar
<https://www.etsy.com/listing/612050097/seizure-tracking-kit-seizure-diary>



Seizure Diaries

