

Information to consider in choosing a seizure calendar

- 1. Type of seizure information needed:** If the seizure type is well-known, just recording the number of events or changes in seizures may be enough. If the diagnosis is not clear or a person has many different types of seizures, a form that will allow you to track what occurs during an event may be more helpful.
- 2. How to classify seizures:** There are many different types of seizures, and some seizure types are also known by a term called an epilepsy syndrome. Make sure that everyone uses the same term for the seizure type or syndrome. If this name is different than the term the doctor uses, write down both names on the seizure calendars. Then assign a letter or number to each type of seizure. This will help everyone use the same terms and make recording simpler.
- 3. Triggers to monitor:** Be sure to record when medicine changes are made. If sleep problems or stress are common triggers to seizures, write down when these are present. Recording seizures in relation to changes in medicines, illnesses, lifestyle, or other factors may help identify other ways to improve seizure control.
- 4. Recording menstrual cycle days:** Many women notice that seizures may cluster or change during hormonal shifts or certain parts of the menstrual cycle. To help look at this association, women should write down when their menses begins and note any changes in menstrual cycles.
- 5. Other information to consider:** Talk to your doctor about other information to record and how long records should be kept. Bring copies of records to appointments with the doctor or nurse to review the information, look for patterns or changes, and help monitor how you are doing.

Types of calendars

- 1. Event Diary:** This type of calendar allows people to record details of what occurs during a seizure. It can be helpful for people with many different types of seizures or when more information is needed to diagnose seizures. When many people may be observing seizures, these forms allow more accurate recording.
 - Use one column for each event.
 - Check off all behaviors that apply for each event.
 - Record location of symptoms - use an 'R' when right side of the body involved, 'L' when left side is involved, or 'B' when both sides of the body are involved.
 - If a person has a vagus nerve stimulator, record when the magnet is used.
 - If a rescue medicine is given, record what is given and when.
- 2. Monthly Seizure Calendar:** This type of calendar is good to record how often seizures occur and track them in relation to times of menstrual cycle or other factors that may affect seizures. The calendars allow people to classify different seizure types by letter. Writing the nicknames as well as the medical terms for the seizure type next to the letter helps.
 - Females should note the day of their menstrual cycle under 'cycle day'. The first day of menstruation is called 'cycle day 1'.
 - The number of seizure events can be recorded for each day using the seizure key or letter.