Tips for Talking to Your Epilepsy Team

Your care starts with YOU!

- Bring someone to take notes
- Prepare questions in advance
- Share your goals

Provide...
- Seizure types, how often & how long
- Medications & side effects
- Triggers & other health concerns
- Current seizure response plan

- Be open and honest
- Know your care team
- Be an advocate, not a bystander

EPILEPSY FOUNDATION