

# Notes



## Preparing for your visit with your epilepsy care provider

Visiting your healthcare provider can be very overwhelming and sometimes you may be told things that may be difficult to understand or that you may not want to hear.

To help you make the most of your appointment time, this brochure will give some suggestions to prepare for your appointment and also some questions that you might want to ask.

Although the brochure is written for the use of the person living with epilepsy, parents/guardians or caregivers can use this as a resource as well.

---

### Have questions for EAM?

[info@epilepsymaritimes.org](mailto:info@epilepsymaritimes.org)

1-800-EPILEPSY | 902-429-2633)

7075 Bayers Road, Suite 215

Halifax, NS, B3L 2C2

[epilepsymaritimes.org](http://epilepsymaritimes.org)

## Preparing for your appointment

- Take someone with you who has witnessed your seizures, if you can. They may be able to provide valuable information to the healthcare provider along with being support for you
- If you can't take a witness with you, ask permission for the physician or a resident to contact someone who has witnessed your seizures, or try to take a written description of what happens when you have a seizure.
- Keep a log of your seizures on your phone or in a notebook and take it with you to the appointment. **Be as descriptive as possible.**
- If you have a video of you having a seizure, review it and bring it to show your healthcare provider.
- Organize your thoughts before you go to the appointment. We've made a list of some questions you might want to ask, but you may have others. If you need to, make some brief notes to remind yourself!
- **If there is not enough time to have all of your questions answered**, ask if you can call your care provider afterwards to ask anything that you didn't get to talk about during your appointment.



## Questions you might want to ask your healthcare provider

- Is it clear that I have epilepsy? Are there other possibilities?
- What kind of epilepsy do I have? What is it called?
- What could be the cause of my seizures
- Will my seizures go away on their own? Could they get worse? How would I know?
- Is anyone else in my family likely to have seizures because I do?
- Is there anything I should change about my lifestyle that could help my seizure control? What are triggers?
- Will I need to take medication? What medication will I take and how does it work?
- Are there side effects to my medication? I should know about? What should I do if I have them
- Should I take my medication exactly as prescribed? What if I miss a dose because I forgot, or because I'm sick?
- What if my medication doesn't seem to be working? Should I call you?
- Can I drink alcohol, use cannabis (Weed), cocaine, MDMA, ketamine, etc?
- Are there any medications that I should not take with my anti-seizure drugs?
- What if I get pregnant, are the drugs dangerous for the baby?
- Is it ok for me to play sports? Have a bath? Work alone? How can I keep myself safe? Can I drive a car?
- Who should I tell about my seizures? Family? Coworkers?
- Should I call you or go to emergency if I have a seizure? How can others help me during a seizure? (If I have a seizure what should I do?)
- Will I need regular blood work? Other tests (EEG, MRI, etc)?
- What is SUDEP and am I at risk for that? Is there anything I can do to reduce my risk
- Where can I get more information on my epilepsy

