



# events calendar

a tool for  
managing seizures



## Take charge of your seizures

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You have the greatest influence over how your epilepsy is managed. Your epilepsy doctor offers medical advice and prescribes your anti-seizure medication. However, only you can keep track of your seizures and side effects as they occur.

This Events Calendar is designed to help you provide accurate feedback to your epilepsy doctor—by recording important information regarding your seizures. That way, your epilepsy doctor can make changes in your treatment regimen if needed.

Anti-seizure medication affects people differently. To lower the risks of side effects, your epilepsy doctor may suggest switching you to a new medication or that you take only one anti-seizure medication (monotherapy).

Take advantage of this booklet and jot down all the facts.

## How to fill out your Events Calendar

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*In your Events Calendar, simply write in the month and year at the top of each page and number the squares accordingly.*

### What to keep track of:

- Exact date/time of any seizure
- A description of the seizure
- Any medication you take, including hormonal contraceptives, over-the-counter medications, herbal supplements, and anti-seizure medications
- *For female patients only:* Each day of your menstrual cycle

Remember: Take your personal Events Calendar with you to each doctor visit.

### Calendar Keys

Use the Types of Seizures Key, located at the bottom of each calendar page, to help you identify specific seizure types. Simply write the appropriate letter(s) into each box. Use the Side Effects Key to help you identify specific side effects. Just insert the appropriate number(s) or write the side effect into each box. And don't forget to identify each day of your menstrual cycle.



MONTH

YEAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Additional Notes

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**Types of Seizures Key**

- A) Aura (simple partial)
- B) Blackout (complex partial)
- C) Convulsion (tonic-clonic)

*For female patients only*

**M** On menstrual cycle

**Side Effects Key**

- 1) Abnormal coordination
- 2) Blurred vision
- 3) Difficulty communicating
- 4) Dizziness
- 5) Headache
- 6) Lack of concentration
- 7) Memory loss
- 8) Mood changes
- 9) Nausea
- 10) Rash
- 11) Sleepiness
- 12) Tremor
- 13) \_\_\_\_\_
- 14) \_\_\_\_\_
- 15) \_\_\_\_\_

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## MATTERS TO DISCUSS WITH YOUR DOCTOR

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In addition to recording information about seizure activity in your Events Calendar, you can also jot down any questions you may have.

For instance:

- **What treatment options are available for my types of seizures?**
- **Does it help to take certain vitamins, or follow a certain diet?**
- **What should I do in the event of an emergency?**
- **How much sleep should I get?**
- **What if I forget to take my medications?**
- **Are there drugstore products (over-the-counter medications) that I should avoid?**
- *For female patients only:* **Which type of birth control should I use?**
- **What are some common side effects of my anti-seizure medication?**

Partnership for  
Prescription Assistance



If you don't have prescription coverage,  
visit [pparx.org](http://pparx.org), or call 1-888-4PPA-NOW (1-888-477-2669)