

# DOCTOR DISCUSSION GUIDE

Date of Appointment:

<b>Name:</b>	<b>Age:</b>	<b>Gender:</b>
<b>Primary Care Physician:</b>		
<b>Other Doctors or Specialists:</b>		
<b>Medications:</b>		
<b>Supplements:</b>		

What was the last thing you remember before the seizure happened?

- See
- Hear
- Smell
- Anything else

Were you able to tell someone that you didn't feel well?

Were you sick when you had the seizure?

Did you get into an accident or got sick recently?

Did you have a reaction to a medicine, food or drink that you took?

What happened next? Ask someone who were with you during the seizure to describe what happened.

- Were you awake or did you lose consciousness?
- What part of the face and body was involved?
- Did your lips, nails or skin color changed?
- Was there a noticeable change in speech? If yes, what was it?
- Was there a noticeable change in behavior? If yes, what was it?
- How long did the seizure last?
- Did you quickly return to usual or were you tired or confused after the seizure?
- If you were confused, how long did it last?
- What other symptoms did you have?

How many minutes, hours or days until you felt better to start doing things again?

How many times did you have the seizure? How long did it last an average for each seizure? What month did you have the seizure? What day did it happen? What time did it happen?

- Multiple times a day:
- Once a day:
- Several times per week:
- Once a week:
- Several times per month:
- Once a month:
- Several time a year:
- Once a year:

Early Signs	During Seizure	After Seizure

For females only

1. Were you on your menstrual cycle or period when you had the seizure?
2. Are you pregnant or nursing?

<b>Name of My Doctor</b>	
<b>Neurologist:</b>	<b>Epileptologist:</b>

### ***Questions for my doctor***

#### **Understand Epilepsy**

1. How serious is my Epilepsy? What kind or type of seizure/s do I have?
2. In what ways does having seizures affect my health and increase my risk for other illnesses?
3. What is the effect of epilepsy on other conditions that I may have and will any of my other conditions have any effect on epilepsy?
4. What can I expect in the coming weeks, months or years?

#### **Explore Treatment and Therapy**

1. Are there tests that we need to do to learn more about my epilepsy? If so, which ones? How are the tests done? How will it feel? What do I need to do to get ready for it? How will I get the results?
2. What treatments or therapy do you recommend for me? What are the pros and cons of each treatment option?

3. Can you tell me more about medicinal CBD and am I a good candidate for that?
4. What kind of activity should I be doing?
5. Will you be prescribing anti-seizure medications for me? If yes, what is the [medicine schedule](#)? What is the direction for taking it? Make sure your doctor knows any allergies or adverse reactions you have had to medicines.
6. What do we hope the medication will do for me? How long will I be taking it? What side effects are likely and what do I do if they occur?
7. What food, drink or activities should I avoid while taking this medicine?
8. What will be the likely result if I don't take it?

### **Wellness Coaching and Action Plan**

1. Would lifestyle changes help me to better manage my Epilepsy? If yes, ask if they can refer you to a [Board Certified Wellness Coach](#) who specializes in [Epilepsy Coaching](#).
2. Can you help me create a [Seizure Action Plan](#) or give me a copy of [Seizure First Aid](#)?

Write down other questions you have for your healthcare team, the name of the person you spoke with and check it off when you get your questions answered or have it written down on your [Seizure Calendar](#), [Seizure Diary](#), [Texting 4 Control](#) or action plan. Here are tips for [Seizure Recording](#).