

Keeping records of possible seizures

As soon as you can, take some time to sit down and write a description of exactly what happened.



Make a note of...



Changes in breathing



Movements of the arms and legs



How long it takes for the person to fully recover

Head movements



Eye movements



Medication given



How long the movements or behaviours last



Changes in skin colour



Changes in how the person responds to you



Don't forget to write down the exact times and dates.



You should also write down what the person was doing before the episode started and where it happened.