

Questions to Ask Your Doctor

Understanding your diagnosis and treatment plan will help you be the best manager of your epilepsy. Start an open dialogue with those on your health care team. Below are some ideas for questions you can bring to your next appointment.

Diagnosis

- Does my family's health history have anything to do with my seizures?
- What exams or tests do you need to diagnose my seizures?
- Will I need more follow-up tests or exams?
- Is there an underlying cause of my seizures?
- What other information about my seizures do you need to make an accurate diagnosis?
- How can I best record any additional information about my seizures?
- What information can my family members help me capture about my seizures?
- Can you recommend any educational resources about seizures and epilepsy?

Health Care Team

- Who is a part of my treatment team (e.g., neurologist, epileptologist, primary care physician, dietitian)? What role do they each play?
- Who should I consider the primary doctor or point of contact for my seizure management?
- How can I get in touch with my seizure health care team between appointments?

Treatment Plan

- How do I know if my epilepsy treatment plan is working?
- What if the first or second medication I try does not completely control my seizures?

- What are the possible side effects of my medicine (e.g., problems with cognition, memory, or physical and sexual function)?
- Could any of the medications I am taking interact negatively with one another?
- Do any specific activities or situations cause my seizures?
- How can I identify a seizure trigger?
- What information should I be documenting about my seizures?

Complementary or Alternative Treatments

- Would any alternative treatment be effective as part of my treatment plan?
- Could adding acupuncture, supplements, or any other alternative or natural treatment interfere with my current treatments?
- Have any of your other patients with focal seizures tried complementary therapies with any success?
- Would you recommend any dietary changes to help manage my focal seizures?