



Your child's clinic visit NOTES

This sheet is to help parents think about what they may want to ask when they come to clinic for their child's epilepsy.

There are some suggested questions and some spaces to write down your own questions.

Don't feel you have to ask all these questions at once!

SEIZURES

- What kind of epilepsy does my child have?
- What do I do if my child has a seizure?
- What will a seizure look like for my child?
- What sorts of things about my child's epilepsy should I record?
- Is there anything that can cause or trigger a seizure?

SLEEP

- Will epilepsy effect my child's sleep?
- Do we need to do anything differently at night time?
- Will my child be more tired during the day?

DAY TO DAY LIFE

- Are there any activities they need to adapt?
- Are there any other things my child now needs to do differently e.g. food?
- Are there any things we need to be looking out for during the day?

SCHOOL & EDUCATION

- How will my child's epilepsy or medicines effect their learning or life at school/college?
- What do I need to tell the school and teachers about my child's epilepsy?
- What extra support might my child need in school/college?

MEDICINE

- How will the medicine effect my child?
- Are there any side effects of the medicine?
- What happens if we miss a dose?
- Can they take other medicines as well?
- How do we know if the medicine is working?
- Do they need any rescue medicine?

EXTRA QUESTIONS



NOTES

SUPPORT



- Does this clinic have an epilepsy nurse? What are their contact details? When is the best time to contact them?

- Are there any local or online support groups for parents whose child has epilepsy?
- What websites or places should I go to look for good information or training?
- Is there anything else which could support my child's well-being?
- Are there any benefits which could help us as a family? Who can help us apply for these?

TO DO LIST AND NEXT STEPS



