

# TOP TIPS FOR COMING TO CLINIC FOR YOUR CHILD'S EPILEPSY.



This sheet is to help parents make the most out of their clinic visit for their child's epilepsy.

We developed this sheet with parents of children with epilepsy from the CASTLE study advisory panel.

Some things which might help when you come to epilepsy clinic are noted below.

## ●● USE THE PROMPT SHEET ✕

Use the prompt sheet we developed to help think about what questions you may want to ask.

Don't be afraid to ask questions or mention anything that is on your mind.

## ●● BE CONFIDENT ✕

You know your child better than anyone else.

You will see all parts of your child's life and will notice important things.

## ●● KEEP A DIARY ✕

You might want to keep a diary for a few weeks and bring this with you to clinic. You could note down your child's

- diet
- activities
- sleep
- seizures and any triggers

## ●● RECORDING ✕

You may want to video your child's seizures so you can show the doctor or nurse.

You may want to make notes or ask to record the appointment using your phone so you can remember what was said.

## EXTRA IDEAS

---

---

---

---

---

