

## Tips & Tools for Newly Diagnosed and as Periodic Reminders

1. Make sure prescriptions are refilled before the medicine runs out.
2. Be sure to take medicine on time.
3. Do not take extra medicine or change the amount of medicine given without asking your doctor.
4. Wear a medication identification bracelet or necklace.
5. Ask your local Epilepsy Foundation for a medical ID bracelet or necklace. If an emergency occurs, the treating doctor will need to know the medication being taken.
6. Tell those closest to the person with epilepsy (friends, family, colleagues, etc.) about the seizures and provide seizure first aid training.
7. You should never swim alone or ride a bike without a helmet.
8. Call 911 if the seizures last more than 5 minutes.
9. Consider using seizure rescue medications, such as DIASTAT, if seizures are not adequately controlled. Talk to your doctor about a prescription for seizure rescue medication, such as Diastat.
10. No two people living with epilepsy are the same, your symptoms may be very different from those seen in someone else; you may be at a different stage of the disease; and your body may respond to medications differently. Your doctor will work with you to make decisions and choices that are suited and individualized to meet your needs, and you should discuss this with your doctor and participate in the decision-making.
11. Always talk with your doctor or other members of your healthcare team about any questions or concerns you may have. Be sure to report any unexpected symptoms or responses you don't understand to your doctor.
12. Your doctor can help you manage many side effects. It may be as simple as making a dosing adjustment or timing adjustment to one or more of the medications you're taking, or a gradual switch to another medication. Make notes on your side effects and symptoms to help your doctor determine the best way to correct the problem.
13. Take all medications as prescribed by your doctor. Do not stop taking or change the way you take medications without first speaking with your doctor. Any sudden changes in the way you take your medication may cause side effects or result in a breakthrough seizure.
14. To get the best care possible, a holistic approach is often necessary. A combination of medication, nutrition, regular sleep, and exercise may provide relief and improve your quality of life.
15. Open lines of communication between you and your healthcare team will enable you to achieve the best possible response to your therapy.
16. Keep a current list of all of your medications including over-the-counter medications, vitamins, and herbal supplements. Bring this list with you to your doctor appointment and update it regularly.
17. Keep a log of your seizures to help you identify possible triggers of your seizures, so you can better identify ways to better control your seizures.