

How to Prepare for Your Appointment with the Epilepsy Specialists.

When a person with uncontrolled seizures doesn't respond to the medications and has progressed to **drug-resistant epilepsy**, it is important to be evaluated by a team of experts trained in epilepsy. This team works together at **epilepsy centers** to provide specialized care to establish the most appropriate treatment alternatives.

To have a productive and successful appointment, it is important to be prepared and organized; talk to the clinicians and provide as much information as possible. The information that you collect will be very valuable to decide what assessments and treatments are right for you.

Use the checklist below to keep you on track for your appointment!

Medical History:

- Medical Records: Bring copies of your medical records, copies of the tests (EEG, MRI, etc.) saved in a CD or USB flash-drive and copies of the written reports.
- Full description of your seizures.
- History of other conditions.
- Family history.
- List and doses of medications.

Diary: The diary is a tool that helps track the seizures and identify patterns, and allows the healthcare team better understand, diagnose and manage your condition. **Create your own or download one from the epilepsy organizations.**

Discuss how you feel and **changes in mood.**

Ask about **referrals to other providers or support groups.**

A family member, partner or a friend are always welcome.

Talk about your **hobbies and activities of interest.**

Share what **personal/occupational goals** you want to achieve.

Feel free to ask questions related to the visit.

The specialists will work with you and your family to determine which treatment options are right for you.

Always be prepared and empowered!

Learn more at

[ItsYourEpilepsy.com](https://www.ItsYourEpilepsy.com)