

Reporting Seizures: Tips for Parents



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Recording Seizures:

We understand that seeing your child having a seizure can be both upsetting and stressful. It is important to write information down about what you saw so the doctors can get a clearer picture of what is happening.

Write this information down in one place. This is called a Seizure Log. Look on the back of this sheet for an example of a Seizure Log.

Each time your child has a seizure write in the log the:

- Date and time
- Characteristics: before, during and after seizure. See the questions below for the information to include. It is important to answer as many of these questions as possible:
- Medications that are given
- How long the seizure lasted
- Who saw it

Please bring your child's seizure log with you when you visit your child's doctor.

Answer these questions in the log:

Before the seizure:

1. What was your child doing at the start of the seizure?
2. Was your child drowsy, overtired, or did she miss a medication?
3. Was there a warning signal or aura such as crying out, yelling, falling down, seeing, smelling, feeling or hearing something unusual?

During the seizure:

1. Was your child's body stiff, limp, or twisted?
2. Was one side of your child's body more affected than the other?
3. Where did the twitching start? Was it on one side or both sides?
4. Did the eyes turn, roll back or twitch?
5. Did your child blink rhythmically or swallow during the seizure?
6. Did your child's head turn? Which way?
7. Was your child aware?
8. Did your child bite her tongue?
9. Did he vomit?
10. Was your child's face pale, red or blue at the beginning, during, or after the seizure?
11. Was your child's skin clammy or hot?
12. Did your child's speech change before or after the seizure?
13. Did your child pee or poo either during or after the seizure?

After the seizure:

1. How long did the seizure last?
2. Was your child alert, drowsy, or confused after the seizure?
3. Did she complain of headache, or tiredness? Did you see any muscles weakness? Was it only on one side?
4. Did you have to give your child any medication to stop the seizure? What kind of medication did you give, how much and at what time?

If you have any questions, please contact your physician or nurse.

