



How to Make the Most of Your Doctor's Visit

Before your next appointment with the doctor who treats your epilepsy, make a list of all the questions you have. Some of your questions may have been answered today, but you may think of more questions after you go home. Having a list of questions to ask your doctor will help you get the most out of the short amount of time you might have with the doctor.

Remember, you are the most important member of your healthcare team. You need to know why your epilepsy is being managed the way your doctor is managing it. Here are some questions you might want to ask your epilepsy doctor.

- Do we know what is causing my epilepsy?
- What type of seizures do I have?
- Are there organizations out there for people with epilepsy?
- Are there things I need to do differently at home/work?
- Do I need someone watching me all the time?
- How do we know what medication is right for me?
- How will we decide if it is time to change my medications?
- Can we talk about my treatment goals?
- What determines if I need an EEG, MRI, or CT scan?
- Can I have children?
- What should I do after I have a seizure?
- What changes in my epilepsy should I make you aware of?
- How may epilepsy affect my social life or intimate relationships?



Exploring Epilepsy:

INFORMATION / KNOWLEDGE / EMPOWERMENT



For women with epilepsy

- If I get pregnant, will the medication(s) I take to treat my seizures affect my baby?
- How will hormonal changes each month affect my epilepsy?
- How will menopause affect my epilepsy?



When you go to your epilepsy doctor, take this list of questions and a pen and paper so you can take notes during the visit. You might want to take a family member or friend with you so you'll have help remembering everything the doctor said. Or, if your doctor permits it, you could record the discussion if you can't take someone with you.