# Trigger Log

Spotting the patterns that set seizures off



| PET NAME | MONTH |
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Triggers are very individual, and the only way to find your pet's is to keep a record and look for what keeps turning up in the day or two before a seizure. The best supported triggers are stress, disrupted sleep, hormonal cycles and missed medication. Things like weather and specific foods are much softer, so treat anything you spot as a lead to discuss with your vet, not a certainty.

| DATE | SEIZURE TODAY? | SLEEP (GOOD/POOR) | STRESS OR CHANGE IN ROUTINE | MISSED / LATE DOSE? | OTHER (SEASON, WEATHER, FOOD) | NOTES |
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### HOW TO READ IT

*After a few weeks, look back at the 24 to 48 hours before each seizure and see what recurs. One coincidence means little; the same thing showing up again and again is worth acting on with your vet. Keep this alongside your seizure diary.*

*Written and reviewed by Dr Alastair Greenway MRCVS and Claire Greenway BVM&S MRCVS. This sheet explains and records. It does not diagnose or prescribe. Always follow your own vet's instructions.*

**How to use.** Fill in a row daily, not just on seizure days: the quiet days are what make a real trigger stand out.