



How to Film a Seizure

The single most useful thing you can bring your vet

PETSLIKEMINE
EPILEPSY

A vet rarely sees the seizure itself, and what an event looks like helps them work out what kind it is and what is causing it. A short phone video is worth far more than the best description. Your safety comes first: film from a safe distance, and never put your hands near the mouth to reposition your pet for the camera.

What to capture

- Start filming as early as it is safe to, you can always trim it later
- Get the whole body in frame, not just the head
- Keep a clock visible, or say the time out loud at the start
- Keep the sound on (breathing and noises matter)
- Keep filming into the recovery afterwards, that part is useful too
- If you can, note out loud what your pet was doing just before

STAY SAFE WHILE YOU FILM

A pet in a seizure is not aware and may bite without meaning to. Do not hold or move them for a better shot. Clear hard objects away, dim the lights, and film from where you are. A shaky clip from a safe distance is exactly what your vet needs.

WHEN A SEIZURE IS AN EMERGENCY

*Go to your vet or the nearest emergency clinic **now**, and ring ahead, if a seizure lasts **more than 5 minutes**, OR there are **two or more seizures in 24 hours**, OR one seizure runs into the next without your pet waking up between them. A single short seizure with a normal recovery is not, by itself, an emergency, but still tell your vet about it.*

AFTERWARDS

Save the clip with the date in its name, and log the event in your seizure diary. The digital Seizure Diary at petslikemine.co.uk/tools/seizure-diary lets you keep events and notes together to show your vet.

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. Keep this on the fridge as a reminder, the moment is over quickly and it is easy to forget what to capture.

**BRING THIS WITH YOU TO YOUR NEXT VET
APPOINTMENT**