



Seizure Diary

The record your vet doses against

PETSLIKEMINE

EPILEPSY

PET NAME	DATE OF BIRTH	DIAGNOSIS DATE	CURRENT MEDICATION
_____	_____	_____	_____

How often the seizures come is the single number your vet adjusts treatment against, and a diary is how you measure it. It is also how clusters get spotted early. Keep this somewhere handy and fill it in as soon as you can after an event, while the detail is fresh. Our digital Seizure Diary at petslikemine.co.uk/tools/seizure-diary does the same job with a built-in timer and a frequency chart you can export for your vet.

CAPTURE THESE THREE FIRST

How many (count each separate seizure), **how long** (time it if you safely can, people nearly always overestimate), and **how often** (the date, so the pattern builds). Everything else adds useful texture, but these three are what the appointment turns on.

What is worth noting each time

- Date and the time it started
- What it looked like (twitching in one part, or a full-body fit)
- How long recovery took (back to normal in minutes, or hours)
- Anything unusual in the day before (sleep, stress, missed dose)
- How long it lasted (minutes and seconds)
- Whether more than one happened close together (a cluster)
- Whether all medication was given that day

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.

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 the top strip once, then log every event on the grid overleaf. Bring this to every appointment, it is the most useful thing you can hand your vet.

BRING THIS TO EVERY VET APPOINTMENT

