

# MONITORING SEIZURE TRIGGERS

Here's a helpful list of potential triggers that you and your loved one should be aware of. Some of these might be avoidable and recognising them could help reduce their risk of experiencing another seizure.<sup>1</sup>



Missing medication doses or stopping medication<sup>1</sup>



Medications other than those prescribed for epilepsy<sup>2</sup>



Lack of sleep<sup>1</sup>



Excessive alcohol consumption<sup>1</sup>



Illness or fever<sup>1</sup>



Recreational drugs<sup>1</sup>



Stress<sup>1</sup>



Flashing or flickering light (for photosensitive seizures)<sup>1</sup>



Skipping meals<sup>1</sup>



Changes in hormones/ menstruation<sup>3</sup>

If you or your loved one have any questions, contact their healthcare professional.



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# REMEMBERING TO TAKE ANTI-SEIZURE MEDICATION

It can be difficult for a person with epilepsy to remember to take their anti-seizure medication, especially when they need to take the tablets more than once per day.<sup>4</sup> Here are some tips that your loved one may find useful – they may need to try a few of these to see which works best for them.

## Use simple signs

- Post notes in places where they are likely to be seen most often during the day, such as on the refrigerator or bathroom mirror.<sup>5</sup>
- Use a calendar or medication journal and check off when you take each dose. This can help you avoid missing doses or taking too many.<sup>5</sup>



## Make medication visible

- Remember to keep medication in a safe place that is easy to spot.<sup>5</sup>
- Pillboxes labelled with days of the week and times of day can be a visual reminder to take medication and help prevent double doses.<sup>5</sup>



## Make medication part of their routine

- If your loved one's schedule is similar every day, they may find it works to take their medication with meals, when they get up in the morning, when brushing their teeth, or at bedtime.<sup>6</sup>
- Encourage your loved one to try to take their medication at the same time each day.<sup>6</sup>



## Use mobile devices

- Use a smart phone or watch to set an alarm to remind them to take their medication.<sup>5</sup>



## Prepare before travelling

- Plan ahead if they are going to be travelling or changing their daily routine in any way.<sup>7</sup>
- Carry a letter from their doctor explaining the need to travel with their medication.<sup>7</sup>
- If travelling out of their local area, it's a good idea to take extra medicine with them, if possible.<sup>7</sup>
- Put extra doses of medication in their purse, backpack or other bag in case they forget to pack their medication in their suitcase.<sup>5,7</sup>
- Print out a copy of their prescription to take with them.<sup>7</sup>



If you or your loved one have any questions, contact their healthcare professional.

### References:

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