

## Talking with Your Doctor

Open communication between you and your doctor can help you both make smart choices about your health. Learn more at <https://www.epilepsy.com/manage/healthcare-team>.

### What should I tell my doctor about my seizures?

- Do I have any new symptoms? Do I feel different?
- Am I having any side effects from my medicines?
- Am I having any problems getting or taking my medicine?
- Have I had any changes in sleep, mood (sadness or grouchiness), or worries?

### How do I talk with my doctor more effectively?

- Write down questions or concerns for your doctor. Bring these questions to your doctor's visit.
- Speak your mind. Tell your doctor how you feel, including things that may seem embarrassing or not important. Your doctor has heard it all and is here to help!
- Bring a close friend or family member with you if you can. They can help ask questions and describe what your seizures look like.
- Take notes on important information your doctor says that you do not want to forget. A close friend or family member could also help you take notes.
- Answer questions to the best of your ability. It is okay if you do not know the answer to a question. Your doctor may be able to help you find the answer.
- Ask questions if you do not understand. Keep asking questions until it makes sense to you. Ask for ways to learn more about your seizures and epilepsy.
- Ask how to contact your doctor if you have questions or concerns.
  - Other members of your health care team like nurses, psychologists, social workers, and pharmacists can also help.
  - Sign up for MyChart. Tools like MyChart can help you track important information and stay organized. You can also use MyChart to schedule visits, send your doctor a message, request medicine refills, and more.

### What should I know after my doctor's visit?

- Understand your seizure diagnosis.
- Understand your seizure action plan.
- Understand how your seizures are treated. Know the names, doses, and when to take your seizure medicines.
- If you are not sure about any instructions or have questions, contact your doctor. Do not wait until your next visit!

