

Date

your appointment

This form is to help you think about your appointment with your doctor or nurse, and to help them understand how you feel. Clinic appointments can be short, so this form may help you work out the most important points you want to focus on when seeing your medical team.

You can fill it in and show it to your doctor or nurse, or keep it to remind yourself of what you would like to happen at your appointment.

Tick all boxes that apply to you.

How do you feel about your appointment?

- I feel OK
- I'm nervous or worried
- I'm not really sure what to expect
- I feel something else (*write it here*)

Are there key things you'd like to be able to talk about?

- My medication
- How I feel generally
- How I feel about my epilepsy
- What's going to happen next
- Something else (*write it here*)

How can the doctor or nurse help you get the most out of your appointment?

- Give me a little time to say how I feel
- Check I've understood
- Go over key things at the end
- Give me time to write things down
- Something else (*write it here*)

how are you generally?

Low mood and anxiety is common in people with epilepsy. This side of the form is about how you feel most of the time. It may help you to think about how you are feeling, and if there is anything specific that is worrying you. You can use this form to tell your doctor or nurse what you want to talk about. They may be able to help you work out whether how you feel is related to your epilepsy, or if it is a separate issue that your doctor could help with.

Tick all boxes that apply to you.

	Yes	Not as much as in the past	No
I am mostly able to feel relaxed and not anxious in everyday life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy, and am interested in, the things I've always enjoyed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I'd like the chance to talk to someone about:

- Feeling dizzy or breathless
- Feeling irritable or aggressive
- Feeling panicky or frightened
- Not having enough sleep, or waking too early
- Tiredness or low energy that affects my daily life
- Having problems with my appetite
- Being unable to concentrate, or remember well
- Feeling guilty or worthless
- Feeling hopeless, helpless or tearful
- Thoughts about harming myself

helpline

01494 601 400

Monday and Tuesday 9am to 4pm
Wednesday 9am to 7.30pm
Confidential (national call rate)

epilepsysociety.org.uk

