

# Planning for appointments with members of your health care team...

Asking questions and seeking out information will help you be informed and make good choices about your health and daily life. Sometimes it's hard to know which questions to ask and to make your feelings known. Use this guide to help you plan in advance for your appointments and to follow through on the recommendations of your doctor, nurse and other members of your health care team.

## LIFE CYCLE

- How do I know if I am taking the right medication(s) for my seizures?
- Does this medication/therapy work differently or have different effects because I'm a woman?
- Does this medication affect my bones? Am I at risk for osteoporosis? Are there things I can do to lower the risk?
- How might having seizures affect my ability to have normal sexual relations?
- What precautions can I take to keep safe during a seizure? What precautions can I take to keep my baby/child safe if I have a seizure?
- How can I cope with feeling scared, depressed or angry about my epilepsy? Would it help to see a counselor and, if so, what's the best way to find one?

## REPRODUCTIVE YEARS

- Is there a connection between seizures and hormones? How do I know if my seizures are related to my menstrual cycle? What treatment options are available?
- What effect does seizure medication have on birth control pills?
- What is the best method of contraception for me?

## PLANNING YOUR PREGNANCY

- Does having epilepsy make it harder to become pregnant?
- What should I do to get ready for a pregnancy?
- Should any changes in my medication(s) be considered before I become pregnant?
- What vitamins should I be taking? Should I be taking more folic acid because of my medication(s)?

## PREGNANCY

- How do I know if any changes are needed in my treatment? Do I need to check my medicine levels more often?
- How might the medication(s) I'm taking affect my chances of having a healthy baby?
- Would having a seizure while I'm pregnant hurt the baby?
- How often will you be in contact with my \_\_\_\_\_ (obstetrician, neurologist, primary care physician)?
- Will I be able to nurse my baby if I am taking medicine(s) for epilepsy?

## MENOPAUSE

- Do seizures vary with menopause or other hormonal changes?
- Should I take hormone replacement therapy (hrt)? Might hrt affect my seizures or medication(s)? What are the best options?
- Does this medication affect my bones? Am I at risk for osteoporosis? Are there things I can do to lower the risk?



## OTHER QUESTIONS I WANT TO ASK / NOTES

### AFTER MY APPOINTMENT — “TO DO” LIST

Perhaps your doctor or nurse told you to keep a calendar of your seizures and menstrual cycle or perhaps they gave you a referral to another health care provider, told you about a support group, or asked you to schedule another appointment. Use this space as your personal “To Do” list and include when to follow up on each one.

**My next appointment is on:**  Mon  Tue  Wed  Thu  Fri

Date \_\_\_\_\_ Time \_\_\_\_\_



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