

Seizure and Menstrual Cycle Diary Instruction

- Clearly write your full name and date of birth at the top right of the page.
- Write in the month on the corresponding line.
- Under "Contraception" write the method of birth control or hormonal regulation therapy you may be taking for any reason.
- Write in the day of the week that corresponds to each date. If the month only has 28 or 30 days, you may cross off the last couple of columns.
- At the bottom of the page, briefly describe your different seizure types on the lines for "Seizure type A", "Seizure type B", and "Seizure type C". Next to "Other" you may note any additional commonly occurring symptoms, such as headaches or hot flashes.
- Take your temperature every morning right when you wake up, before you get out of bed. Circle your temperature on the chart each morning. On the example to the right, the patient's temperatures are 97.8, 97.8, 97.6, 97.4... etc. * We recommend using a basal thermometer.
- Put an "X" in the "Period" box on days that you have your period or are spotting.
- Then you experience one of the seizure types, make a tic mark on the corresponding date and seizure type (Seizure type A, Seizure type B, Seizure type C, Other). This way, you can make multiple tic marks if the same seizure type occurs multiple times in one day.
- Remember to bring the diaries with you to your doctor's office visits.

Month: September

Date	1	2	3	4	5	6	7	8	9	10
Weekday	M	Tu	W	Th	F	Sa	Su	M	Tu	W
	5	5	5	5	5	5	5	5	5	5
	4	4	4	4	4	4	4	4	4	4
	3	3	3	3	3	3	3	3	3	3
	2	2	2	2	2	2	2	2	2	2
	1	1	1	1	1	1	1	1	1	1
	99	99	99	99	99	99	99	99	99	99
	9	9	9	9	9	9	9	9	9	9
	8	8	8	8	8	8	8	8	8	8
	7	7	7	7	7	7	7	7	7	7
	6	6	6	6	6	6	6	6	6	6
	5	5	5	5	5	5	5	5	5	5
	4	4	4	4	4	4	4	4	4	4
	3	3	3	3	3	3	3	3	3	3
	2	2	2	2	2	2	2	2	2	2
	1	1	1	1	1	1	1	1	1	1
	98	98	98	98	98	98	98	98	98	98
Waking Temp (°F)	9	9	9	9	9	9	9	9	9	9
	8	8	8	8	8	8	8	8	8	8
	7	7	7	7	7	7	7	7	7	7
	6	6	6	6	6	6	6	6	6	6
	5	5	5	5	5	5	5	5	5	5
	4	4	4	4	4	4	4	4	4	4
	3	3	3	3	3	3	3	3	3	3
	2	2	2	2	2	2	2	2	2	2
	1	1	1	1	1	1	1	1	1	1
	97	97	97	97	97	97	97	97	97	97
9	9	9	9	9	9	9	9	9	9	9
8	8	8	8	8	8	8	8	8	8	8
7	7	7	7	7	7	7	7	7	7	7
6	6	6	6	6	6	6	6	6	6	6
5	5	5	5	5	5	5	5	5	5	5
4	4	4	4	4	4	4	4	4	4	4
3	3	3	3	3	3	3	3	3	3	3
2	2	2	2	2	2	2	2	2	2	2
1	1	1	1	1	1	1	1	1	1	1
96	96	96	96	96	96	96	96	96	96	96
Period					X	X	X	X	X	

Seizure A										
Seizure B										
Seizure C										
Other										

Seizure type A: Staring Spell

Seizure type B: Generalized Tonic Clonic

*We recognize that it may be difficult to take your temperature every morning. Do the best you can, and if you happen to miss a day or two that's okay, what we are looking for are the overall trends. If this is still difficult, it is most important to mark when your periods and seizures occur.