

# My Seizure Diary



## Why Keep Track of Seizures?

Keeping a seizure diary can be an important part of caring for someone who has seizures associated with Lennox-Gastaut syndrome (LGS). By keeping a record of the number, details, and severity of seizures, you can begin to measure their impact on your child.

This information may help you have a discussion with your physician to determine:



**What types of seizures are occurring and how often**



**Whether a medication is helping to reduce the number of seizures**



**Whether a medication is causing any side effects**



**What possible triggers lead to seizures**

## How to Use Your Seizure Diary

Here are the 4 steps for using your seizure diary.

### STEP 1

Record the medicines your child takes

### STEP 2

Create your child's seizure list

### STEP 3

Track seizures

### STEP 4

Create a seizure summary

**Be sure to share this information with your physician.**

**Note:** You can reprint pages 3-5 to continue tracking seizure activity once you fill up the pages included in this diary.



## Are you a member of BANZEL® Connections?

Our free patient support program offers expert advice on caring for someone with LGS. [Learn more at BANZEL.com](http://BANZEL.com)

BANZEL (rufinamide) is a prescription add-on medication approved for the treatment of seizures associated with Lennox-Gastaut Syndrome (LGS) in pediatric patients 1 year of age and older, and in adults.

Patients with a history of Familial Short QT syndrome should not be treated with BANZEL. Talk to your healthcare provider if you are unsure if this affects you or your loved one. BANZEL has been shown to reduce the QT interval. Caution should be used when administering BANZEL with other drugs that shorten the QT interval.

There are risks associated with the use of BANZEL. Please see Important Safety Information on page 6.



## STEP 1

### My Child's Medicines

Record every medication your child takes.

Medication: \_\_\_\_\_

Dose: \_\_\_\_\_

How many times per day: \_\_\_\_\_

When: \_\_\_\_\_

Medication: \_\_\_\_\_

Dose: \_\_\_\_\_

How many times per day: \_\_\_\_\_

When: \_\_\_\_\_

Medication: \_\_\_\_\_

Dose: \_\_\_\_\_

How many times per day: \_\_\_\_\_

When: \_\_\_\_\_

Medication: \_\_\_\_\_

Dose: \_\_\_\_\_

How many times per day: \_\_\_\_\_

When: \_\_\_\_\_

Medication: \_\_\_\_\_

Dose: \_\_\_\_\_

How many times per day: \_\_\_\_\_

When: \_\_\_\_\_

Medication: \_\_\_\_\_

Dose: \_\_\_\_\_

How many times per day: \_\_\_\_\_

When: \_\_\_\_\_

## STEP 2

### My Child's Seizures

There are many types of seizures your child with LGS could have. Tonic and atonic seizures are among the most common types of seizures in Lennox-Gastaut syndrome (LGS), although other seizure types may occur.

**Circle each seizure your child experiences.** Then you can use its abbreviation in the calendar pages that follow to track that seizure.

- A Atonic**  
A brief loss of muscle tone, causing falls ("drop attacks" or "drop seizures").
- AA Atypical absence**  
Staring spells with a gradual onset and ending. Your child may pause activity or be non-responsive.
- C Clonic**  
A pattern of jerky movements.
- M Myoclonic**  
Sudden muscle jerks that usually happen the same way on both sides of the body.
- P Partial**  
A seizure limited to a specific part of the brain. They may result in a loss of consciousness.
- T Tonic**  
Muscles tighten, eyes roll back, and pupils dilate. Usually happen during sleep. If your child is standing, he/she may fall to the ground ("drop attack").
- TC Tonic-clonic**  
Stiffening of the limbs (tonic), followed by jerking of the limbs and face (clonic).

Use this space to record information about seizures that don't fit the descriptions above. If you use a certain term to describe it, include it here as well.

**S1** Description: \_\_\_\_\_

Name I call this seizure: \_\_\_\_\_

**S2** Description: \_\_\_\_\_

Name I call this seizure: \_\_\_\_\_

**STEP 3**

# Seizure Diary

Note the date, and fill in the information. Use as many rows as you need for each day.

Date	Seizure Type (Circle one)	Time of Day	Length	Notes/Description of Seizure <small>(Include a description of what your child experienced, possible triggers, rescue medications used, or any comments or concerns you'd like to talk to your physician about.)</small>
3/3/2014	<input type="radio"/> A <input checked="" type="radio"/> AA <input type="radio"/> G <input type="radio"/> M <input type="radio"/> P <input type="radio"/> T <input type="radio"/> TC <input type="radio"/> S1 <input type="radio"/> S2	3:14pm	30sec	Just ate ice cream. Seizure wasn't as bad as usual.
	<input type="radio"/> A <input type="radio"/> AA <input type="radio"/> G <input type="radio"/> M <input type="radio"/> P <input type="radio"/> T <input type="radio"/> TC <input type="radio"/> S1 <input type="radio"/> S2			
	<input type="radio"/> A <input type="radio"/> AA <input type="radio"/> G <input type="radio"/> M <input type="radio"/> P <input type="radio"/> T <input type="radio"/> TC <input type="radio"/> S1 <input type="radio"/> S2			
	<input type="radio"/> A <input type="radio"/> AA <input type="radio"/> G <input type="radio"/> M <input type="radio"/> P <input type="radio"/> T <input type="radio"/> TC <input type="radio"/> S1 <input type="radio"/> S2			
	<input type="radio"/> A <input type="radio"/> AA <input type="radio"/> G <input type="radio"/> M <input type="radio"/> P <input type="radio"/> T <input type="radio"/> TC <input type="radio"/> S1 <input type="radio"/> S2			
	<input type="radio"/> A <input type="radio"/> AA <input type="radio"/> G <input type="radio"/> M <input type="radio"/> P <input type="radio"/> T <input type="radio"/> TC <input type="radio"/> S1 <input type="radio"/> S2			
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	<input type="radio"/> A <input type="radio"/> AA <input type="radio"/> G <input type="radio"/> M <input type="radio"/> P <input type="radio"/> T <input type="radio"/> TC <input type="radio"/> S1 <input type="radio"/> S2			
	<input type="radio"/> A <input type="radio"/> AA <input type="radio"/> G <input type="radio"/> M <input type="radio"/> P <input type="radio"/> T <input type="radio"/> TC <input type="radio"/> S1 <input type="radio"/> S2			

Note: You can reprint pages 3-5 to continue tracking seizure activity once you fill up the pages included in this diary.





## Indication

BANZEL (rufinamide) is a prescription add-on medication approved for the treatment of seizures associated with Lennox-Gastaut Syndrome (LGS) in pediatric patients 1 year of age and older, and in adults.

## Important Safety Information

- Patients with a history of Familial Short QT syndrome should not be treated with BANZEL. Talk to your healthcare provider if you are unsure if this affects you or your loved one. BANZEL has been shown to reduce the QT interval. Caution should be used when administering BANZEL with other drugs that shorten the QT interval.
- All medications to treat seizures, including BANZEL, may cause suicidal thoughts or actions in a very small number of people, about 1 in 500. Call your healthcare provider right away if you or your loved one experiences new or worsening symptoms of depression, unusual changes in mood or behavior, thoughts or actions about suicide or self-harm, aggression, agitation, anger, anxiety, or irritability.
- Use of BANZEL has been associated with side effects such as sleepiness or feeling tired, difficulty with coordination, dizziness, and problems with walking or movement.
- Do not drive, operate heavy machinery, or do other dangerous activities until you know how BANZEL affects you. BANZEL can slow your thinking and motor skills.
  - Alcohol, in combination with BANZEL, may increase or worsen these side effects.
- Call your healthcare provider if you or your loved one experiences a rash. This can be a sign of a more serious condition, such as multi-organ hypersensitivity reaction.
- You or your loved one should take BANZEL only as prescribed. Do not stop taking BANZEL without first talking to your healthcare provider. Stopping BANZEL suddenly can cause serious problems.
- Tell your healthcare provider about all the medications you or your loved one takes, including prescription and non-prescription medications, vitamins, and herbal supplements. Using BANZEL with certain medications can affect each other, causing side effects.
- In studies, the most commonly observed ( $\geq 10\%$ ) side effects with BANZEL were headache, dizziness, feeling tired, sleepiness, and nausea.

## Important Information for Women

- BANZEL may make hormonal contraceptives (birth control pills) less effective. Additional nonhormonal forms of birth control are recommended when using BANZEL.
- Healthcare providers should be informed if patients are pregnant or planning on becoming pregnant.
- Also, BANZEL is likely to be passed through breast milk to the baby and could cause serious side effects in the baby. A decision should be made whether to discontinue nursing or discontinue the drug, taking into account the importance of the drug to the mother.
- Patients who are pregnant are encouraged to enroll in the North American Antiepileptic Drug Pregnancy Registry. This can be done by calling the toll-free number 1-888-233-2334. Additional information about the registry can be found at [www.aedpregnancyregistry.org](http://www.aedpregnancyregistry.org).

**There are risks associated with the use of BANZEL that you should know about. We encourage you to talk to your healthcare provider about these risks.**

The health information contained herein is provided for educational purposes only and is not intended to replace discussions with a healthcare professional. All decisions regarding patient care must be made with a healthcare professional, considering the unique characteristics of the patient.

Please see BANZEL full Prescribing Information, including Medication Guide, at [www.BANZEL.com/PrescribingInfo](http://www.BANZEL.com/PrescribingInfo), and discuss it with your doctor or healthcare professional.

**To report suspected adverse reactions, contact Eisai Inc. at 1-888-274-2378 or the FDA at 1-800-FDA-1088 or [www.FDA.gov/medwatch](http://www.FDA.gov/medwatch).**

