

QUESTIONS TO ASK YOUR DOCTOR: A GUIDE FOR WOMEN WITH EPILEPSY



GENERAL EPILEPSY MANAGEMENT

What type of epilepsy do I have, and what does that mean for my treatment?

How can I best track my seizures and identify potential triggers?

Are there any lifestyle changes I should consider to help manage my epilepsy?

HORMONES, MENSTRUAL CYCLE & BIRTH CONTROL

Could my menstrual cycle be affecting my seizures?

How do my medications interact with birth control?

What are my safest options for contraception?

PREGNANCY & FAMILY PLANNING

How do my medications affect fertility and pregnancy?

Will I need to change my medication before getting pregnant? If so, how long should I wait after the medication change to try to conceive?

What are the risks associated with my seizure type(s) during pregnancy, and how can I reduce them?

How should my epilepsy be managed during labor and postpartum recovery?

Can I safely breastfeed while taking my current medication?

BONE HEALTH & LONG-TERM CONSIDERATIONS

Do my medications increase my risk for osteoporosis? Should I take any supplements (such as calcium or vitamin D) to protect my bone health?

How might menopause affect my epilepsy, and will my seizures change with age?

What treatment options are safe for me to use alongside my medication to regulate the symptoms of menopause?

This doctor discussion guide is intended to provide information and talking points to help you prepare for a conversation with your healthcare provider, but it is not a substitute for professional medical advice. Always consult your doctor regarding any questions or concerns about your health and treatment options.