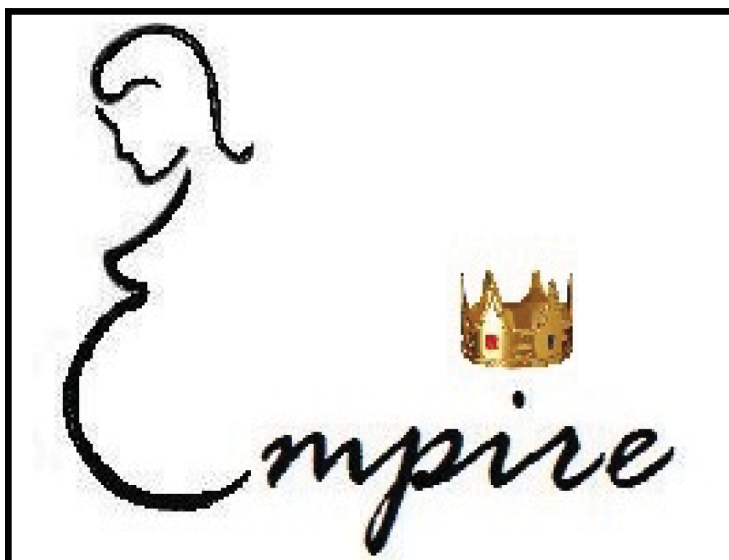


## My EMPIRE diary



### **AntiEpileptic drug Monitoring in PREgnancy: an evaluation of effectiveness, cost-effectiveness and acceptability of monitoring strategies**

Participant UTIN \_\_\_/\_\_\_\_

<b>Next clinic appointment</b>	DD/MMM/YYYY	HH:MM
--------------------------------	-------------	-------

Trials Office: Women's Health Research Unit, Centre for Primary Care and Public Health, Blizard Institute, Barts and The London School of Medicine and Dentistry  
Yvonne Carter Building, 58 Turner Street, London, E1 2AB. Tel: XXXX  
Fax: XXXX

### **How do I use my EMPIRE diary?**

There are 3 main sections to the trial diary that we ask that you complete. They are:

- Seizure page.....Pages 4 & 5

At your first clinic appointment your doctor will discuss your seizures with you. You will both agree a code for your seizures, which you can easily enter into the seizure page of the diary. (Please see page 3 for a key of seizure codes). If you experience more than one type of seizure a different code will be agreed for each type of seizure.

The first date entered onto the seizure page will be the day of your first clinic appointment.

On days when you experience seizures we ask that you circle “Yes” in the “Seizures” box of the seizure page. Please enter the agreed code for your seizures in the “seizure code” column and the number of times you have experienced that seizure in the “Number of seizures today” column.

On days when you **do not** experience seizures please circle “No” in the “Seizures” box of your diary.

- Illness, injury or side effects.....Page 6

If you have any illnesses, injuries or side effects during the trial in please record these on this page. Please record the date and a description of the illness, injury and side effects.

- Changes in seizures.....Page 6

If you notice any changes in you seizures, for example, unusually severe seizures or seizures you do not usually experience please record these on this page. Please record the date and a description of change in your seizures.

#### What if I forget to update my diary?

If at any point you forget to update your diary, please update it as soon as possible with as much information you can remember. However, if you cannot remember this information please circle “Not done”.

#### What if I have any questions?

Please contact a member of the research team on:

Name:..... Tel:.....

## **Standard seizure codes**

These are the standard seizure codes that are being used for the EMPIRE trial:

Code	Seizure description
<b>A</b>	<p style="text-align: center;">Tonic-clonic seizures</p> <p>These are the seizures most people think of as epilepsy.            At the start of the seizure:</p> <ul style="list-style-type: none"> <li>• the person becomes unconscious; their body goes stiff and if they are standing up they usually fall backwards; they may cry out; and they may bite their tongue or cheek.</li> </ul> <p>During the seizure:</p> <ul style="list-style-type: none"> <li>• they jerk and shake (convulse) as their muscles relax and tighten rhythmically; their breathing might be affected and become difficult or sound noisy; their skin may change colour and become very pale or bluish; and they may wet themselves.</li> </ul> <p>After the seizure (once the jerking stops):</p> <ul style="list-style-type: none"> <li>• their breathing and colour return to normal; and they may feel tired, confused, have a headache and want to sleep</li> </ul> <p>A tonic-clonic seizure can arise from seizures spread from one part of the brain (secondary generalised) or arise simultaneously from the whole brain (primary generalised).</p>
<b>B</b>	<p style="text-align: center;">Absence seizures</p> <p>Absences can happen very frequently. During an absence the person becomes unconscious for a short time. They may look blank and stare or their eyelids might flutter. They will not respond to what is happening around them. During typical absences, the person becomes blank and unresponsive for a few seconds. Because the seizures are so brief, they may go unnoticed.</p>
<b>C</b>	<p style="text-align: center;">Myoclonic seizures</p> <p>Myoclonic means ‘muscle jerk’. Muscle jerks are not always due to epilepsy (for example, some people have them as they fall asleep). Myoclonic seizures are brief but can happen in clusters (many happening close together in time), and often happen shortly after waking. The person is conscious</p>
<b>D</b>	<p style="text-align: center;">Simple partial seizures (SPS)</p> <p>Only a small part of the brain is affected. The person is conscious (aware and alert) and will usually know that something is happening. What happens to the person depends on where in the brain the seizure happens.</p>
<b>E</b>	<p style="text-align: center;">Complex partial seizures (CPS)</p> <p>The person’s consciousness is affected; they may be confused, and afterwards may have no memory of the seizure. They might be able to hear, but might not fully understand what has been said or be able to respond. They might make strange or repetitive movements that have no purpose(called ‘automatisms’).</p>
<b>F</b>	<p style="text-align: center;">Other</p> <p><b>Clonic seizures</b> - Some people have convulsive seizures but their body does not go stiff at the start. These are called clonic seizures.</p>

My seizure code(s)



