

Worksheet: Decision About Your Medication

The following are some possible changes that you and your prescribing physician might consider:

1. Increase the dosage of your current antidepressant medication.
2. Decrease the dosage of your current anticonvulsant medication.
3. Change the number of times per day that you take your medication(s).
4. Change the type of medication that you take (AED to anxiolytic).
5. Stop taking a CNS active medication.
6. Start taking a CNS active medication.
7. Take the same CNS active medication, now knowing it is not for nonepileptic seizures, but may be indicated for another disorder (bipolar disorder/migraines).

After you and your seizure counselor have considered these and other alternatives, write down the decision you and your prescribing physician have jointly made about your drug therapy:

We have jointly decided that my drug therapy is as optimum as possible and that no changes are currently necessary.

Or

We have jointly decided to make the following changes to my anticonvulsant drug therapy:

In making these changes, we are hoping to accomplish the following positive effects:

We are scheduling a follow-up appointment with my prescribing physician and me (with the input of my seizure counselor) to assess the effects of these medication changes on the following date and time:
