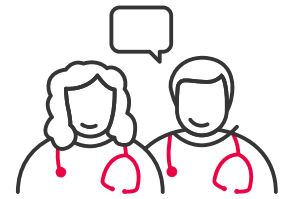


## Preparing for your doctor's appointment

Whether you're getting ready to see your regular doctor or a neurologist, these questions will help guide your conversation and give them a better idea of what kind of testing may be needed.



In as much detail as you can, describe what you remember about the event.

Was anyone with you? Ask them to describe what they saw in detail.

Where did it happen?

What time of day was it?

Has it happened before? When?

Do you remember if the weather was particularly hot or cold at the time?

How long did it last?

How did you feel afterward?

Were you sleep-deprived or more tired than usual at the time you experienced the event?

Were you under the influence of drugs or alcohol? Do you use drugs or alcohol regularly?

List any vitamins, supplements or medications that you currently take.

Was there anything about the day that was out of the ordinary? Make note of any changes in your levels of stress or general mood before the event happened.

The Seer Medical diagnostic service combines video, EEG, and ECG in a portable system designed for comfortable, long-term monitoring in the home. Access gold-standard epilepsy diagnostics with Seer – without the need for a hospital visit.