My Diary

After you have added your seizure types descriptions and medicines in the About Me section of My Epilepsy Diary, you can use that information in your daily diary. My Diary enables you to record daily information about your health. You can:

- Report seizures
- Record which of your medicines (seizure, non-seizure, vitamins/supplements, and occasional medicines) you took and whether you missed any
- Report your mood
- Record the side effects you experienced from your medicines
- if you are a woman, indicate whether you are menstruating
- Add notes
- Attach files that relate to the day’s events

You can share this information with others electronically or by printing out a report. See My Shares and My Reports to learn more.

Note: You must describe and name your typical seizures and list your medicines before you can productively use your diary. Go to About Me: Defining Your Seizure Types (My Seizure Types) and About Me: Listing Your Medicines (My Medicines) for instructions if you have not done so.

Using the Diary

Click My Diary in the My Epilepsy Diary navigator.

![Figure 28. My Diary in the navigator](image)

The diary appears in the main window. It displays two calendar weeks at a time:
Below the diary is a legend to remind you what the symbols mean. (The faces reflect the mood you reported.) Menstrual Cycle appears only if you are between the ages of 10 and 55 and selected female as your gender when you created your account.

**Event Legend**

- ![pill] I took my medicines
- ![pill-x] I missed some medicine
- ![pill-plus] I took extra medicine
- ![seizure] I had a seizure
- ![seizure-free] I had a seizure free day
- ![exclamation] I experienced side effects
- ![note] Notes
- ![flower] Menstrual Cycle
- ![attachment] Attachments

**Figure 30. The legend helps to remind you of each symbol's meaning.**

**How do I view other dates in my diary?**

- Click Previous Week or Next Week at the bottom of your diary to scroll through the diary two weeks at a time.
Use the controls above the diary to select a date you want to go to, and click **Go**.

![Date selection interface]

Figure 31. Selecting the diary date manually

**How do I enter information in my diary?**

1. Click the date whose entry you want to edit or click **Today** for the current day.

![Click a date or Today]

Figure 32. Click a date to edit or click Today.

A dialog appears in which you can report your seizures, moods, medicines taken, and more.

2. Enter your seizure, medicine, and side effects as well as any notes or files you want to attach to your record for the day. (See detailed information below.)

3. Click **Save**.
How do I make changes to an entry or enter information on a previous date?

1. Go to My Diary.
2. Find the date you want to change on the calendar and click it, or click Today to change the current day’s entry.
   The dialog opens and displays any information you previously entered.
3. Make your changes.
4. Click Save.

Filling in the Diary Information

You can fill in as much information about your day as you want, but the more detail you provide, the more that can be learned about your ups and downs and how changes to your medicines and routines affect your health.

Seizure Entries

Recall that, before you can report seizures, you must define and name the types of seizures you have in the About Me section of My Epilepsy Diary. You probably did this the first time you logged in. If you have not yet added your seizure types, go to About Me and click My Seizures Types to add some.

The first part of the daily diary form is where you report whether you had a seizure.

![Seizure section of daily diary form](image)

You can report:

- Whether you were seizure free or had a seizure that day
- If you had a seizure, whether it happened on its own or in a cluster
- Which of your seizure types you experienced
- What time you experienced the seizure or cluster and how long it lasted
• The number of times you experienced that type of seizure

If you had the same type of seizure more than five times in a day, use the **Number of this type on this day** setting to report them. In that case, it is not important to report the time of day. If you had the same seizure type fewer than five times in a day, you can report each one individually. This enables you to also record what time each one occurred and how long it lasted.

**What do I do if I can’t remember how I described my seizures?**

• In the diary form, click **Remind me what seizure or cluster types I defined**.
  A box appears, listing the descriptions of the seizures you defined.

**My typical seizure 1**
- Starts with: A rising feeling in the body
- Duration: 30-60 seconds
- Recurrency: 1 x month

**My typical seizure 2**
- Starts with: A need to urinate
- Duration: Less than 10 seconds
- Recurrency: 3 x year

**How do I report more than one seizure I had in the same day?**

*If you had more than five seizures of the same type in the same day:*

1. Select the type of seizure you had from the **Type** list.
2. Change the number counter.
3. Set the duration if you want.

The example shows that the patient had eight seizures of the type My Sz 10, and that each seizure lasted 2 minutes.

**Figure 34. Reporting more than one seizure of the same type**

*If you had different types of seizure in the same day:*

Or

*If you had more than one of a type of a seizure but fewer than five:***
1. Fill in the information about the first seizure.
2. Click **Add another seizure or cluster for this day**.

![Image: Individual seizure(s) or seizure cluster]

**Type:** My Sz 10  
**Time of day:** 12:00 AM  
**Duration:** 2

**Number of this type today:** 8

Report having a second seizure in the same day

A new group of seizure reporting settings appears on the form.

3. Select the information for the second seizure or seizure type.

![Image: Individual seizure(s) or seizure cluster]

**Type:** My Sz 2  
**Time of day:** 12:00 AM  
**Duration:** 1

Repeat this procedure as many times as you need to. If you had more than five of the same type of seizure, it is better to report the information by changing the counter number than to add it many times.

**How do I delete a seizure event I added to my diary?**

*If you haven’t saved your changes yet:*

- Change the number of times you had the seizure to **None**. When you click **Save** at the bottom of the form, the seizure event will be removed.

*If you are editing a diary entry that has already been saved:*

1. Click on the day whose seizure event you want to delete.
2. Click **X Delete this seizure event**.
Figure 37. Deleting a seizure event from a saved diary entry

3. Click **Save** at the bottom of the form.

**Triggers**

In addition to reporting the type, number, and duration of your seizures, you can report what brought them on. Use **What was the primary trigger?** in the seizure (ဓ) section of the diary form to do so. Choose the trigger from the menu.

- If your trigger is not listed, click **Other** and enter the trigger in the box that appears.
- If more than one trigger caused your seizures, click **Add another trigger** and choose another trigger from the new menu that appears. (If you experienced the same trigger more than once in a day, you need to report it only once.)

**Mood**

The diary enables you to record your mood every day—happy, sad, or not sure. Recording your mood every day can help you and your clinicians see patterns in your life. When you fill out your daily diary form, select a mood:

**Select your mood:**

- Happy
- Not sure
- Sad
**Medicine Events**

Before you can record the medicines you took or missed, you must list your medicines and dosages in the About Me section of My Epilepsy Diary. You probably did this the first time you logged in. If you have not yet created your list of medicines, go to About Me and click **My Medicines**.

In the **Medicine event** area of the diary form, report whether you took or missed your medicines. There are three checkboxes you can check:

**I missed these medicines**

Check this box if you missed a medicine you take regularly. Your seizure and non-seizure medicines as well as your vitamins and supplements appear in the list. Check any you missed. If you did not take a medicine you take “as needed,” check it here.

**I took these extra medicines**

If you took any extra of any of your regular medicines, or if you took one of your occasional medicines, check this box. The list of all your medicines appears and your occasional medicines appear. Check any of the medicines you took extra or that you don’t take regularly.

**I took these medicines**

Check this box to report that you took your regular medicines. Then click the time of day that you took the medicines.
A list of the medicines that you are supposed to take at that time of day appears; each medicine is checked by default.

![Image of medicines list]

Uncheck the box of any medicine you didn’t take at that time.

**Side Effects**
In the diary form, you can report whether you felt side effects from your medicine. You can report as many side effects as you want.

**How do I report side effects from medicines?**
1. In the My Diary form, click Yes after *Did you experience side effects from your medicine?*
2. From the **Side effect type** list, select the side effect you experienced.
   (If your symptom is not on the list, select [Other] and enter a description of the side-effect in the box.)
3. Select the severity of your symptoms:

![Image of side-effect severity selection]

**Figure 42. Selecting side-effect severity**
4. To report another side effect, click **Add another side effect** and repeat steps 2 and 3.

**Menstrual Flow**
If you identified yourself as female when you created your account and you are between the ages of 10 and 55, you can select your menstrual flow if it’s relevant to your seizure activity.

![Menstrual flow options](image)

Figure 43. Menstrual flow options

**My Notes**
If you want to provide additional information about the day’s events to help you remember what was going on, type them in the **My Notes** box. You can also embed an object, such as a Youtube video or photo from a photo-sharing site.

**Note:** The information you add here is not shared with clinicians (nurses and physicians) you authorize to view your diary.

**How do I embed a Youtube video in a note?**
1. Go to the Youtube video you want to share.
2. Click **Share**.
3. Click **Embed**.
4. Copy the embedding information.
5. In My Epilepsy Diary, in the Notes section of your diary entry you are working on, paste the embedding information.

**Adding Attachments**
You can attach a photo, document, or other type of file to the diary entry. You can view the attachment in the daily diary, and you can also see your attachments when you create a report of your notes using My Reports → My Notes.

**How do I attach a photo, document, or other file to my diary entry?**
1. In the My Diary form, click **Choose File** (it may say *Browse* or something similar depending on your browser). Your computer’s file chooser dialog appears.
2. Find the file you want to attach.
3. Click the action button (**Open** on Windows, **Choose** on Mac OS) on the dialog. The name of your file appears next to the Choose File or Browse button.
4. To upload more attachments, click **Upload another file**, and repeat steps 1–3.
5. Click Save.

**How do I remove an attachment from my diary entry?**

You can perform this procedure after you’ve saved your diary entry.

1. In the My Diary form, find the file you want to remove.
2. Click **X Remove** next to the filename.

![Image of removing an attachment](image_url)

**Figure 44. Removing an attachment from a diary entry**

3. Respond to the message to confirm you want to remove the file.