



Epilepsy Society of Southern New York  
Capabilities Partnership, Inc.

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For more information on epilepsy, check out:  
[www.learnaboutepilepsy.com](http://www.learnaboutepilepsy.com)  
(includes local information),  
[www.epilepsy.com](http://www.epilepsy.com), [www.efa.org](http://www.efa.org),  
your local epilepsy center's website, or the many links available on those websites.



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## Preparing For Your Consultation with the Neurologist



Tips on how to prepare for your visit...



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Visiting the neurologist can be an overwhelming experience. You may be asked questions, or you may have your own questions or you may forget the names of your medications. Here are some tips to help make your neurologist visit easier & more productive...

### \*Before your appointment:

- ◇ Make sure you understand **why** your doctor wants you to visit a neurologist. If you don't know why...ask your doctor to explain.
- ◇ Have all your **insurance information** in front of you when you call for the appointment.
- ◇ Get a copy of the **referral** from your family doctor.
- ◇ When you are on the phone with the neurologist's office ask **EXACTLY** what the doctor wants you to bring in for the appointment (perhaps old medical records, EEG reports, MRI/CT reports, reports from different doctors., etc.)
- ◇ **Write down** the appointment date and time so you will not forget.

### \*Getting ready for your appointment:

- ◇ Create a **Medical Binder** and organize your **ALL** medical records **chronologically** into sections. Some of these sections may include medical reports, consultations, discharge summaries, evaluations, therapy reports, family history, emergency contact info, living will, misc.
- ◇ Make a section in this binder for information about **ALL** the people who help you (i.e. each doctor, therapist, medical specialist or agency). Make one page for each of these and include name, complete address, phone number, fax number, email address, etc.
- ◇ Make a section in this binder for all the medications (prescription and over the counter!) you are taking. Be sure to keep this section up to date as your medications change.
- ◇ Make a section in this binder for all the **pharmacy(ies)** you use, include any mail order pharmacies. Record address, phone number, fax number, etc.
- ◇ Make a section in this binder for your health insurance. **Make a copy** of all your health insurance cards including Medicare, Medicaid, etc.
- ◇ Write down all your **questions**. (And bring a pen to your appointment!)
- ◇ Consider **bringing someone with you**. Two people listening and asking questions are much better than one!
- ◇ Write down any **symptoms** you have (*for example:* headaches, describe any triggers, what you have tried to help yourself, how long it lasted.)



### \*The Day of the Appointment:

- ◇ Plan to arrive early (**at least 20 minutes BEFORE** your appointment time) so you have time to complete any paperwork.
- ◇ Make sure you have with you:
  - The **referral form** from your doctor
  - Your **Medical Binder** with all medical information & emergency contacts
  - A **pen and paper** to take notes
- ◇ Make sure you have information on **ALL** the medications, non-prescription medicines, supplements and vitamins that you are now taking. You may want to bringing **all the bottles with you** to the neurologist's office.
- ◇ Find out when your neurologist will get back to you with your test results.
- ◇ Know what the next steps are in your care.

### \*Back at Home:

- ◇ Follow the neurologist's instructions. Managing your disorder is a partnership between you and your neurologist.
- ◇ Make sure any medication you get at the pharmacy or through your mail order pharmacy is what has been prescribed for you.
- ◇ Call your neurologist's office if:
  - There are any changes in your condition
  - You experience any side effects from the medications
  - You need to follow up on your test results

Talk with your doctor or nurse If you have any concerns, need help or have any issues. They are there to help you...

*Special thanks to Dr. Jay Selman, MS, MD, Chief of Neurology at Bythedale Children's Hospital for his help in developing this pamphlet.*

