

# My Epi Dog's Seizure Log

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DATE/TIME:

AWAKE/ASLEEP:

TYPE OF SEIZURE:

AURA:

DURATION:

WENT TO VETS:

RESCUE MEDS GIVEN:

CLUSTER:

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On a scale of 1-5, how severe was this seizure compared to your dogs other seizures?

- 1 Milder
- 2 ABOUT THE SAME
- 3 A BIT WORSE
- 4 WORSE THAN OTHERS
- 5 WORST ONE YET



1



2



3



4



5

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Put a ✓ beside behaviors exhibited by your dog DURING this seizure.

Put a ✓ beside behaviors exhibited by your dog AFTER this seizure.

Head shaking  
Fly biting  
Drool/Foam  
Urinating  
Defecating  
Vomiting

Paddling  
Vocalizing  
Collapse  
Stiffness  
Fixed stare  
Bit tongue

Vision loss  
Anxious  
Hungry  
Thirsty  
Tired  
Aggressive

Disoriented  
Stumbly  
Had to potty  
Clinginess  
Hiding  
Fear

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Notes:





## Helping Your Pup Through a Seizure

- Keep rescue meds easily accessible at home and while traveling. Know how and when to use them.
- Use a pillow or blanket to protect your pup's head and prevent falls.
- Remove other pets and kids from the room to give your dog a calm space.
- Turn off noise, dim the lights, and stay nearby to comfort them.
- Take them outside to potty, but stay close in case they need help.
- Offer ice chips or ice water, and a small snack once they're alert.
- Apply an ice pack (with a towel) to tummy, back and paw pads during and after.
- Use a gentle fan breeze to help cool them.
- Never put your hands near their mouth or try to restrain them.
- Speak calmly and let them feel your presence with a gentle touch.
- Be patient—post-seizure recovery looks different for every pup.
- Avoid major decisions in the first 24 hrs unless it's an emergency. Take notes, review footage, and reach out to your vet once emotions settle.





## When a Seizure Becomes an Emergency

### Less than 2 minutes

- Common for generalized seizures.
- Monitor and log the episode.
- Watch for postictal signs (confusion, pacing, etc.).

### 2–3 minutes

- Not usually life-threatening, but becoming riskier.
- Record timing immediately and start applying ice packs.

### 5+ minutes

- This is status epilepticus, a medical emergency.
- Brain and body are at high risk of overheating and oxygen deprivation.
- Seek immediate veterinary care.
- Keep ice packs on pup while traveling to emergency center.

### Cluster Seizures

- 3 seizures in 24 hours, or seizures occurring back-to-back without full recovery in between.
- Also a medical emergency.
- Call your vet — these often require hospitalization.



# My Epi Dogs Journal Jot

