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Item 7.01 Regulation FD Disclosure.

First Trust Senior Floating Rate Income Fund II (the "Fund") is filing herewith a press release issued on November 5, 2018 as Exhibit 99.1. The press release was issued by First Trust Advisors L.P. to report that its Leveraged Finance Investment Team, portfolio manager of the Fund, will release an update on the market and the Fund on November 7, 2018. Details regarding access to the update are contained in the press release included herein.

Item 9.01 Financial Statements and Exhibits.

(d) Exhibits

| Exhibit<br>Number | Description  |
|-------------------|--|
| 99.1              | Press release of First Trust Advisors L.P. dated November 5, 2018. |

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Dated: November 5, 2018

FIRST TRUST SENIOR FLOATING RATE INCOME FUND II

By: /s/ W. Scott Jardine

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Name: W. Scott Jardine

Title: Secretary

EXHIBIT INDEX

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|-------------------|--|
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