



## **Ketogenic Diet Frequently Asked Questions**

**Q:** How do I get KetoCal? Who do I call if I am running low?

**A:** You need a prescription for KetoCal formula powder. The pediatric neurologist gives this to you before your child starts the diet.

- If your insurance company is paying for the KetoCal, it will be shipped to your home. You may need to call them ahead of time to get your next shipment.
- If your child and family qualify for the WIC Program, take the prescription to your local WIC Program office. They will give you a card that pays for KetoCal at your local pharmacy. The pharmacy will need to order KetoCal for you. Please let your store know several days before you need more. They will need several days to order it and get it in.
- If you are running low on KetoCal, please contact Bronson Pediatric Neurology office. Ask to speak with one of the nurses.

**Q:** Who do I call with insurance questions?

**A:** Start with your insurance company. A customer service phone number is listed on the back of the card. If you need help, please contact Bronson Pediatric Neurology.

**Q:** My child is ill and needs to take a new medicine. Is this OK? How do I find out the carbohydrate content of this medicine?

**A:** In this packet is a list of medicines that are low in carbohydrate. This list includes pain relievers, fever reducers, and antibiotics. Check this list first. If your child needs a medicine that is not on this list, contact the pharmacy that is compounding your child's medicine. If they cannot answer your question, contact Bronson Pediatric Neurology. We will ask one of our hospital pharmacists.

**Q:** What do I do if my child is having a lot more seizures?

**A:** Contact your child's neurologist.