



Going Home on the Ketogenic Diet

Monitoring at home:

Monitoring the ketogenic diet at home can be hard at first. Here are some guidelines for caring for your child at home.

- Urine ketones
 - Test urine ketones twice daily for 4-6 weeks after discharge.
 - Ketones should be moderate to large.
 - Keep a log of these results. Bring this log to your follow-up appointments.
 - Instructions for checking urine ketones are on the attached sheet.
- You do not need to monitor blood sugar levels.
 - Blood sugar levels should be low (around 40).
 - If your child has symptoms of low blood sugar call your neurologist.
Symptoms of low blood sugar are: clammy, shaky, dizzy, anxious, blurred vision, weak or fatigued, or unresponsive.
- If your child becomes ill with vomiting, follow the “Sick Day Guidelines”.
- Remember, you may not see results right away on the ketogenic diet. Your child needs to stay on the diet for at least 3 months to judge how well it is working.

Follow-up:

Your child will need careful follow-up, especially in the first months.

- Neurologist/Neurology Pediatric Nurse Practitioner:
 - 4 weeks after starting the diet; please have lab work done 1 week before appointment.
 - Every month for the first 3 months after starting the diet.
 - 6 months after starting the diet, and 9 months after if needed.
 - After the first year on the diet, every 6 – 12 months as long as your child is on the diet.
- Dietitian (RD):
 - Phone follow-up 2 weeks after starting the diet.
 - In-office follow-up at each appointment with neurologist

Bronson Pediatric Neurology Office, 601 John St., Suite M-460

(269) 341-8383

Appointment Date: _____ Time: _____ with _____.