



Sick Day Guidelines

If your child is not able to take usual feedings, your child may get dehydrated. This is especially true if your child is vomiting or has diarrhea. Dehydration can be serious. If your child is vomiting or has diarrhea and is unable to take the normal ketogenic diet, follow these sick day guidelines.

- During the first 24 hours:
 - Give clear liquids such as:
 - Pediatlye (unflavored) full or ½ strength.
 - Water.
 - Bouillon cube dissolved in water.
- During the second 24 hours:
 - If your child tolerates clear liquids, start half strength Keto Cal
 - Mix _____ KetoCal powder with _____ water.
 - Give _____ times/day.
- On the third day, if your child tolerates half strength Keto-Cal for 24 hours, give your child her usual diet.

If your child is hospitalized for illness or has dehydration:

- If your child's blood glucose is 40 mg/dL or below, the hospital staff may start an IV with fluids that contain dextrose (sugar).

If your child's blood glucose level is above 40 mg/dL, the hospital staff may start an IV with fluids that do not contain dextrose. This fluid is called normal saline.