

One month prior to admission:

MD Responsibilities – Required Work-Up:

- ☐ EEG if >1 year since last study.
- ☐ EKG to be completed prior to admission
- ☐ Serum amino acids, urine organic acids, keto profile, carnitine profile, acylcarnitine profile
- ☐ Height, weight; head circumference for patients ≤ 3 years old
- ☐ Evaluate need for preventative medication if concurrent zonisamide or topiramate, or if history of kidney stone

Dietitian and Keto RN Responsibilities:

- ☐ Keto screen profile completed by Ketogenic Neurology team in Epic

Registration Responsibilities:

- ☐ Neurology RN to follow CT Children's admission guidelines
- ☐ Schedule date/time for admission to initiate ketogenic diet



One week prior to admission:

MD Responsibilities:

- ☐ Review current anti-convulsant medications
- ☐ Parent(s) verbalize understanding of change to low carbohydrate anti-convulsant regimen for child
- ☐ Convert all medications to low carbohydrate forms
- ☐ Provide weaning schedule for barbiturates and benzodiazepines, if necessary
- ☐ Initiate kidney stone preventative medication if needed: Bicitra (preferred manufacturer Methods or PAI), Effer K or UrocitK. Dosing 1 -2 mEq/kg/day if low risk or 2-3 mEq/kg/day if high risk
- ☐ Parent(s) verbalize understanding of potential need to decrease sedating medications, if necessary

Dietitian and Keto RN Responsibilities:

- ☐ Inform inpatient staff of new ketogenic admission and provide all diet information and menus
- ☐ Parent(s) instructed on low carbohydrate beverages
- ☐ Discuss family support for inpatient stay
- ☐ Parents agree to inpatient ketogenic diet teaching



One day prior to admission:

Dietitian and Keto RN Responsibilities:

- ☐ Dietitian/Keto RN to update Epic problem list to include ketogenic diet
- ☐ Parent(s) restrict all solid foods after evening meal
- ☐ Parent(s) limit fluids to ketogenic friendly, zero calorie, decaf soda, water, or non-herbal decaf tea after evening meal
- ☐ If patient is tube fed: parent(s) to follow instructions by dietitian when to stop feeds and give water
- ☐ Parent(s) give first dose of admission day anti-convulsants in unsweetened applesauce at home, sips of water or via G tube
- ☐ Parent(s) bring Ketogenic scale, appropriate beverages and Ketostix for first day of admission
- ☐ Parents verbalize understanding that child must be afebrile and generally healthy prior to admission