One month prior to admission:

**MD/AP Responsibilities – Required Work-Up:**
- EEG if >1 year since last study.
- EKG to be completed prior to admission.
- Serum amino acids, urine organic acids, ketoprofile, carnitine profile.
- Height, weight; head circumference for <3 yrs old.

**Dietitian and Keto RN Responsibilities:**
- Keto screen profile completed by Ketogenic Neurology team in Epic.

**Registration Responsibilities:**
- Neurology RN to follow CCMC's admission guidelines.
- Schedule date/time for admission to initiate modified ketogenic diet.

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One week prior to admission:

**MD/AP 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.
- Parent(s) verbalize understanding of potential need to decrease sedating medications, if necessary.

**Dietitian and Keto RN Responsibilities:**
- Inform inpatient staff of new modified ketogenic admission and provide all diet information.
- Parent(s) instructed on low carbohydrate beverages: Ketocal and Ketovie.
- Discuss family support for inpatient stay.
- Parents agree to inpatient modified ketogenic diet teaching.

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One day prior to admission:

**Dietitian and Keto RN Responsibilities:**
- Dietitian/Keto RN to update Epic problem list to include modified 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 appropriate zero carbohydrate and calorie beverages and Ketostix for first day of admission.
- Parents verbalize understanding that child must be afebrile and generally healthy prior to admission.
**CLINICAL PATHWAY:**
Ketogenic Diet
Appendix A: Pre-admission Checklist

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**One month prior to admission:**

**MD/AP Responsibilities – Required Work-Up:**
- EEG if >1 year since last study.
- EKG to be completed prior to admission.
- Serum amino acids, urine organic acids, ketoprofile, carnitine profile.
- Height, weight and head circumference (if ≤ 3 years old).

**Dietitian and Keto RN Responsibilities:**
- Ketoscreen profile completed by Ketogenic Neurology team in Epic.

**Registration Responsibilities:**
- Neurology RN to follow CCMC's admission guidelines.
- Schedule date/time for admission to initiate ketogenic diet.

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**One week prior to admission:**

**MD/AP 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.
- 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.

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**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.