

# GUIDE TO UNDERSTANDING THE MEDICAL KETOGENIC DIET AND TALKING WITH YOUR NEUROLOGIST

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The medical ketogenic diet for refractory epilepsy is intended for use under medical supervision. This guide was created to support your conversation about the medical ketogenic diet with your neurologist to see if the medical ketogenic diet is right for you. Prior to your appointment, we recommend completing the questionnaire included in this guide and discussing your responses with your healthcare professional.

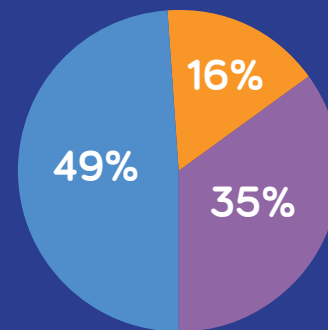


# WHAT IS THE MEDICAL KETOGENIC DIET?

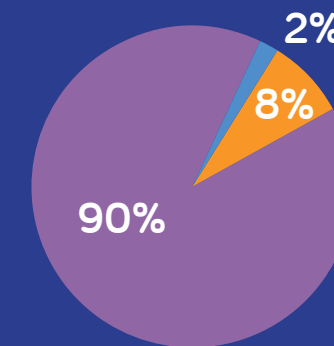
The medical ketogenic diet is a high fat, adequate protein and low-carbohydrate diet for children and adults to manage:

- Refractory epilepsy (after 2-3 anti-seizure medications have failed to control seizures)
- Glucose transporter type 1 deficiency syndrome (Glut1DS)
- Pyruvate dehydrogenase deficiency (PDHD)
- Various other conditions for which the medical ketogenic diet is indicated

Typical American Diet



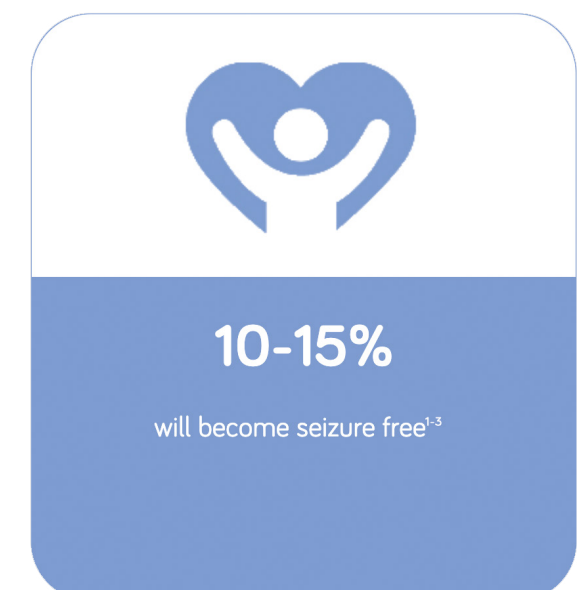
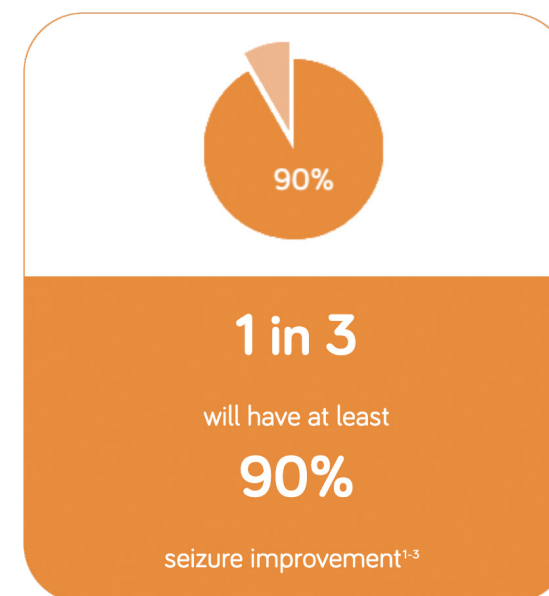
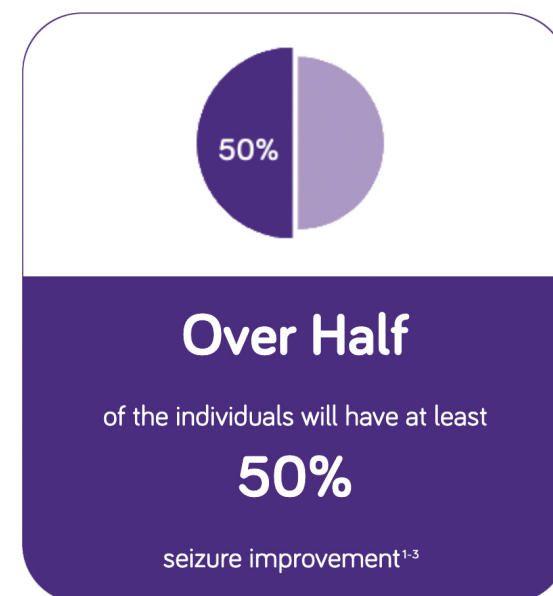
Classic Ketogenic Diet



Legend:  
Carbohydrate (Blue)  
Protein (Orange)  
Fat (Purple)

Sam

## HOW EFFECTIVE IS THE MEDICAL KETOGENIC DIET?



Research shows that over half of individuals with refractory epilepsy will have at least 50% seizure improvement on the medical ketogenic diet.

1. Freeman, et al. Pediatrics. 1998;102:1358-63. 2. Henderson, et al. J Child Neurol. 2006;21:193-8. 3. Keene. Pediatr Neurol. 2006;35:1-5. 4. Lefevre, et al. Pediatrics. 2000;105:E46.





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### Are there any side effects with the medical ketogenic diet?

The most commonly reported side effects are gastrointestinal disturbances such as constipation, nausea, vomiting, or diarrhea. Most side effects can be managed easily.

### Is there any special testing or monitoring required?

After starting the medical ketogenic diet, you will meet regularly with your physician and/or dietitian to ensure that nutrition needs are fully met, and to monitor for potential side effects. Monitoring with routine laboratory tests and adjustments to the diet may occur with each follow-up with your healthcare provider.

### How long do individuals need to stay on the medical ketogenic diet?

It is generally recommended that the medical ketogenic diet be tried for at least 3 months to see whether it will be successful. While some individuals see improvements soon after starting the medical ketogenic diet, others may require some time and diet adjustments to see the benefits. Try not to be discouraged if you don't see success right away.

### Is there anything that can help make the medical ketogenic diet easier to follow?

Yes, KetoCal® is a specially designed formula that can help make following the medical ketogenic diet easier.

The KetoCal portfolio consists of powdered and ready-to-drink formulas providing a consistent ketogenic ratio to help make the ketogenic diet easier. Ask your doctor about KetoCal today and visit [MyKetoCal.com](https://www.MyKetoCal.com) to request a **FREE sample** and learn more.

## Helping to make the Medical Ketogenic Diet Easier



Scan to Request Samples





## Where can I learn more about the medical ketogenic diet?

Your healthcare provider will provide you with more information about the medical ketogenic diet.

### Online resources providing epilepsy and medical ketogenic diet information and support:

- ✓ MyKetoCal.com
- ✓ CharlieFoundation.org
- ✓ KetoHope.org
- ✓ Epilepsy.com
- ✓ MatthewsFriends.org



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## NEXT STEP: TALK TO YOUR NEUROLOGIST

### Could the medical ketogenic diet be an option for you?

Use these questions to start a conversation with your doctor and discuss the next steps toward starting your medical ketogenic diet journey.

#### I am currently having seizures:

Yearly    Monthly    Weekly    Daily

#### I am currently taking \_\_\_\_ anti-seizure medications

0-1    2-3    More than 3

#### I have tried a total of \_\_\_\_ anti-seizure medications with limited or no success:

0-1    2-3    More than 3

#### I am currently \_\_\_\_ with my level of seizure control:

Completely satisfied    Somewhat satisfied    Unsatisfied

#### I would like to explore the medical ketogenic diet to see if it can help me with seizure control.

Yes    No

Ask your neurologist/epilepsy center if they offer the medical ketogenic diet.

If your neurologist does not currently offer the medical ketogenic diet, find a medical ketogenic diet provider [nearby](#) and ask for a referral.

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This information has been provided for your education and to help guide your communication with your health care team. This document is not intended to serve as a diagnosis or to provide any type of medical advice.

KetoCal® is a medical food and is intended for use under medical supervision.  
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