

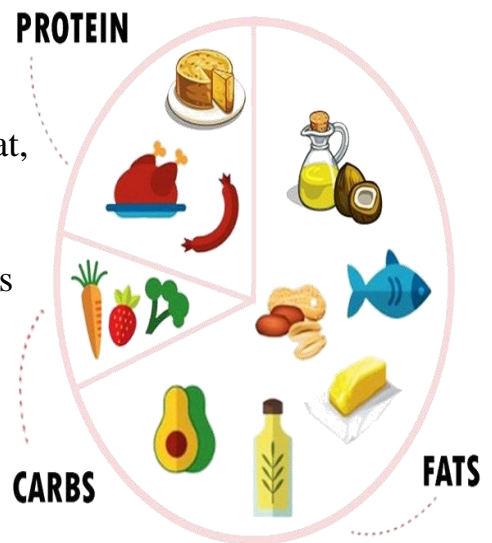
# Ketogenic Diet

## What is a ketogenic diet?

The ketogenic diet may help decrease your seizures if they do not respond to epilepsy medicine. The ketogenic diet is high in fat and low in carbohydrates. It causes your body to produce ketones (chemicals) that can help decrease seizures. Patient may need to follow this diet for at least 3 months to find out if it helps to decrease seizures.

## What are the different types of ketogenic diets?

1. **The modified Atkins diet** limits carbohydrates to 10 to 20 grams each day. Protein, fats, fluids, and total calories are not limited.
2. **The low glycemic index (GI) diet** limits carbohydrates to 40 to 60 grams each day. Protein, fat, and total calories are not limited.
3. **The classic ketogenic diet** allows about 3 to 4 grams of fat for each gram of carbohydrate and protein you eat.
4. **A medium-chain triglyceride diet** includes a high amount of a type of fat called medium-chain triglycerides (MCT).



## What side effects may occur with a ketogenic diet?

Patient may have low blood sugar, dehydration, weight loss, and fatigue. You may also have nausea, vomiting, constipation, diarrhea, and abdominal pain. Over time, your blood cholesterol levels may increase.

## What you need to know about medicines if following a ketogenic diet?

- Continue to take seizure medicines as directed
- Talk to your doctor and pharmacist before you take any new medicines
- Take vitamins and mineral supplements as directed.