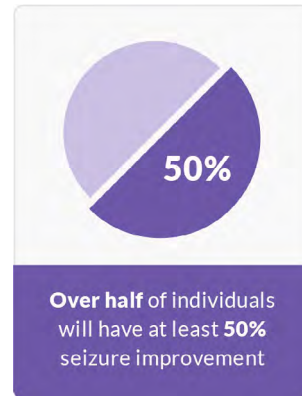


Guide to Discussing the Ketogenic Diet with Your Neurologist

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

Facts About the Ketogenic Diet for Epilepsy:

- Experts recommend that the ketogenic diet be considered after failure of 2-3 properly chosen Antiepileptic Drugs (AEDs).
- The ketogenic is not just for children. Studies have shown the ketogenic diet to be helpful in managing intractable epilepsy for both children and adults.



Patient Questionnaire:

These questions will help you and your doctor understand your current satisfaction with seizure control and your interest in pursuing the ketogenic diet to help manage seizures.

I am currently having seizures:

- Yearly Monthly Weekly Daily

I am currently taking ___ antiepileptic drugs (AEDs):

- 0-1 2-3 More than 3

I have tried a total of ___ antiepileptic drugs (AEDs) 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 ketogenic diet to see if it can help me with seizure control.

- Yes No

Does my neurologist/epilepsy center offer the ketogenic diet?

- Yes No I don't know

If my neurologist is not currently offering the ketogenic diet for patients, I would like a referral to a ketogenic diet provider nearby.

- Yes No

A map of nearby ketogenic diet providers can be found on <https://myketocal.com/kdcenters.aspx>

This information has been provided for your education and to help guide your communication with your healthcare team.

This document is not intended to serve as a diagnosis or to provide any type of medical advice.

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