

## Managing Hyperketosis in Conscious Ketogenic Patients

**If child is unwell or NBM and displays the following symptoms:**

### **SYMPTOMS OF HYPERKETOSIS**

Facial flushing  
Vomiting  
Rapid, panting breathing  
Increased heart rate  
Unexpected lethargy or tiredness  
Unexpected irritability  
Excessive fruity odour on the breath

Test blood ketone levels

**If blood ketone levels >6.0 mmol/ L\***

### **START TREATMENT**

**Give:**

- **50ml 10% Vitajoule water** (5g glucose polymer dissolved in 50ml water)
- **OR 50ml pure fruit juice** (apple/pineapple/orange)
- **OR Glucogel®** (10g glucose per 25g tube. Squeeze half a tube into child's mouth if unable to take Vitajoule water orally/NG/PEG)

**Continue feed as per plan**

**Inform Ketogenic diet team** (Ext. CNS 5816, Dietitian 1442)

On-call neurology team (24hr)/Weekend Dietitian Bleep: 0597 (Sat & Sun 09.00-13.00)

**Refer to Clinical guidelines for Ketogenic diet** (GOSH intranet)

Re-test blood ketone levels after 20 minutes

**If blood ketones >6.0 mmol/ L\***

**Give further 50ml 10% Vitajoule water OR Glucogel® as above**

**Repeat blood ketones after 20 minutes. If within the appropriate range  
return to twice daily monitoring**

Contact Ketogenic Diet team at GOSH for further advice

\*No action required for ketones <6.0 mmol/ L