

Appendix 2: Expectations from Ketogenic Diet Treatment

Before starting the ketogenic diet discuss with the family and document

- Risks and benefits of dietary intervention
- What does the family and / or patient expect from the diet?
What is the desired/acceptable outcome?
Are these goals achievable?
- Which professionals are involved in the management of the patient on the ketogenic diet. What is their role? (Dietitian/Neurologist/Epilepsy CNS/local general pediatrician involved in shared care)
- Do all those involved in the child's care understand requirements of the ketogenic diet. Are they committed to support the dietary treatment (parents/carers, other family members, professionals at nursery/school)?
- Time points for review of goals set at the beginning
- Duration of dietary intervention