

KETOGENIC THERAPY: Weekly Monitoring Information

Name.....

Week commencing.....

Date	Day	Number of seizures of each type							Blood or urine ketones		Blood glucose		Comments on any illness or changes to diet, activity or medication
		1	2	3	4	5	6	7	AM	PM	AM	PM	
	Sun												
	Mon												
	Tues												
	Wed												
	Thurs												
	Fri												
	Sat												
Total													

Was any planned activity, work or school missed because of seizures?

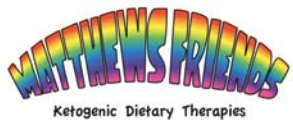
Were there any days that your partner/supporter/family members were unable to do scheduled work because of your seizures?

Any seizure-related hospital admissions or visits to the accident and emergency department?

KETOGENIC THERAPY: Seizure Types

Seizure Type		Description
1	Absence/atypical absence	
2	Myoclonic	
3	Atonic	
4	Tonic	
5	Tonic-clonic	
6	Focal	
7	Epileptic spasms	

If you are unsure of seizure types, please speak to your neurologist or GP. In addition, you may like to refer to the booklet: Seizures Explained, at <http://www.epilepsy.org.uk/sites/epilepsy/files/epilepsyaction-booklet-seizures-explained.pdf>



KETOGENIC THERAPY: Weight and height monitoring

Date	Weight	Height

Blood ketone (measuring beta-hydroxybutyrate) testing and blood glucose testing:

Some centres may ask that you do monitoring for blood ketone and glucose levels. This involves a small pin prick once or maybe twice a day.

The monitors are very simple to use and there are various different types available. All types of monitor and lancing devices will come with their own instructions for use and troubleshooting guidance.



1. Wash your hands if you are carrying out the testing on somebody else.
2. Wash the hands or feet (if toes used) of the person having their blood tested.
3. Make sure that the fingers or toes are nice and warm as this helps the blood flow.
4. Check the expiry dates on your testing strips and unwrap for use without touching either end.
Note: Freestyle Optium strips are purple for ketones, blue for glucose.
5. Set your lancing device at the best level to suit the skin, you only need a tiny amount of blood but remember if you set the gauge too low you may not get enough blood and have to repeat the process.
6. Prick the sides of finger tips and avoid thumbs if the person is a regular PS/XBox user.
7. Try not to squeeze the blood out as this can affect the accuracy of the reading.
8. Alternate the site of testing and use a new lancet each time.
9. If the reading is unusually high or low, repeat the test as you may have a faulty strip.
10. Handle lancets carefully and dispose in a sharps box. Your local surgery or pharmacy can provide advice on supply and disposal.
11. Keep a spare battery for your monitor.

Urine ketone (measuring acetoacetate) testing:

Urine monitoring is a very simple way of detecting whether someone is in ketosis.

In the early days you may be advised to test urine twice a day. Following are some tips on urine testing.

1. Collect the urine in a clean vessel (a small clean plastic cup is fine)
2. Dip the urine, remove and wait exactly 15 seconds then compare to the colour changes on the side of the Ketostix pot.
3. For those wearing nappies or pads, the following may help:
 - a. Cotton wool can be put inside the nappy to collect urine and then the urine can be squeezed onto the stick.
 - b. Rip the nappy lining and press the stick against the wettest (and warmest if possible) part of the nappy gel.

Urine ketone readings may not always be the most accurate assessment of ketosis due to varying levels of dilution in the urine and the length of time the urine stays in the bladder, but they can be a very useful guide particularly in the early stages.

