

Flowchart: Management of Hypoglycemia on Ketogenic Diet

Low blood glucose levels are common during the initiation stages of the ketogenic diet, if unwell or if fasting for procedures. Children may have low blood glucose levels without displaying symptoms.

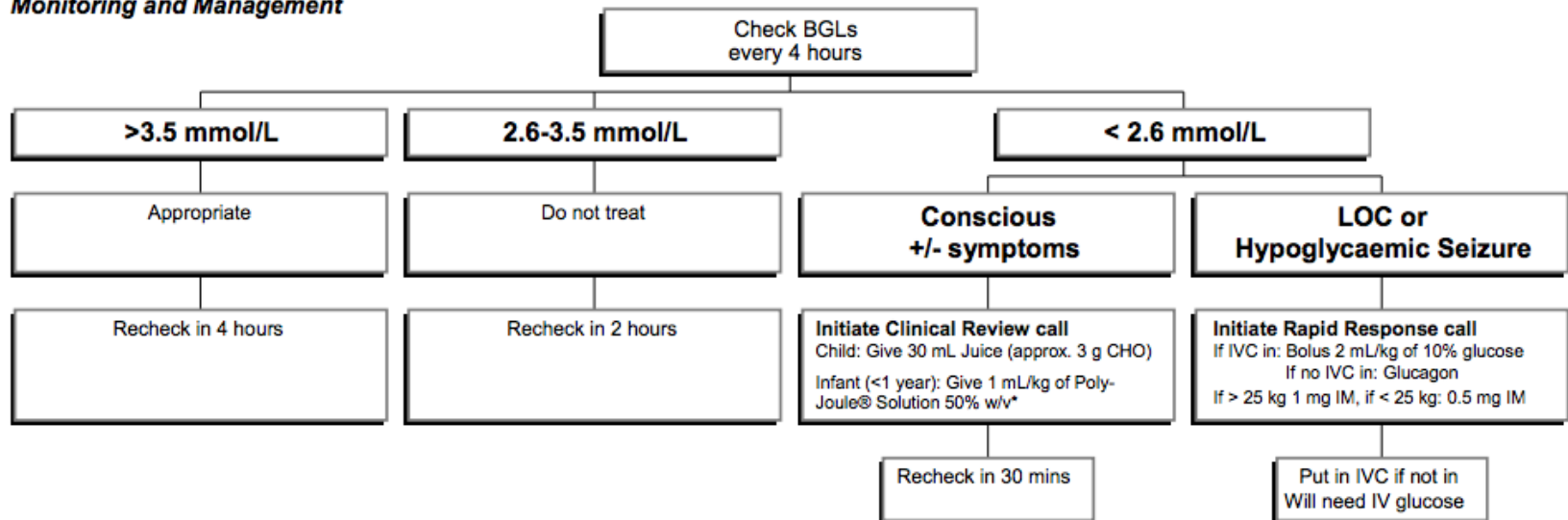
A **Symptomatic** episode of hypoglycaemia is uncommon, especially in younger children who may not show signs. This can cause:

- Paleness
- Shakiness
- Headache
- Sweating
- Feeling hungry
- Dizziness
- Irritability
- Lack of concentration
- Confusion
- Crying
- Weakness
- Rapid pulse

A **Severe** episode of hypoglycaemia is **extremely rare**. This is defined by:

- Loss of Consciousness (LOC)
- Hypoglycaemic Seizure

Monitoring and Management



*Recipe for Poly-Joule solution 50% w/v is 50g of Poly-Joule made up to 100mL with water