



CASE REPORT PROVIDED BY: ERIN LINDHORST, MS, RD, LD

PATIENT HISTORY:

Chief Diagnosis:

Lennox Gastaut Syndrome (LGS)

Secondary Diagnosis:

Refractory Epilepsy

CASE HISTORY:

- **Reason for tube feeding:** Feeding dysfunction
- Sole source of nutrition
- Patient has been tube fed for 10 months
- Tracheostomy dependent

NUTRITION MANAGEMENT:

- **Type of previous formula:**
 - Whey-based ketogenic polymeric formula (4:1 ratio) vanilla mixed with whey protein powder + white sugar to create a 3:1 ketogenic ratio
- **Intolerances/reasons for switching:**
 - Loose stools 2-3 times/day
- **Reasons for choosing Keto Peptide:**
 - Family preference to use an organic, whole food formula for enhanced nutrient absorption
- **Transition to Keto Peptide:**
 - Patient was transitioned over ~2 weeks
 - Started with 25% of calories from Keto Peptide and increased by 25% every 4 days until patient at goal
- **Additives/supplements to Keto Peptide:**
 - Emulsified MCT oil to increase ketogenic ratio to 3:1
 - Calcium (500 mg) with vitamin D (400 IU) tablets (2/day)
 - Vitamin C (500 mg) tablet (1/day)
 - Multivitamin with iron (1/2 tablet)

INSIGHTS:

- Family found that vigorously shaking the formula mixture before each feeding allowed for gravity drip administration without issue
- Patient's bowel patterns have normalized
- Patient was able to meet growth goals
- A seamless transition to Keto Peptide from a whey-based ketogenic polymeric formula was achieved with a slow & progressive transition over the course of 12 days

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TRANSITION STEPS	
Day 1-3 (25% of calories from Keto Peptide) • 6 grams white sugar • 692 mL whey-based ketogenic polymeric formula (4:1 ratio) vanilla • 130 grams Keto Peptide • +water to create 1080 mL total volume	Day 4-7 (50% of calories from Keto Peptide) • 450 mL whey-based ketogenic polymeric formula (4:1) vanilla • 270 grams Keto Peptide • +water to create 1080 mL total volume
Goal Plan: 3:1 Ketogenic Ratio • 427 grams Keto Peptide • 50 grams emulsified MCT oil • +water to create 1080 mL total volume	Day 8-11 (75% of calories from Keto Peptide) • 325 mL whey-based ketogenic polymeric formula (4:1 ratio) vanilla • 316 grams Keto Peptide • 12 grams emulsified MCT oil • +water to create 1080 mL total volume
Feeding Schedule: 215 mL ketogenic formula mixture via gravity drip bag 5 times/day + 240 mL additional water after each feed *Caregiver vigorously shakes the formula mixture before each feeding to reblend	

