



Your K.Vita Introduction plan – Week One

Date:	
Introduction Plan Start Date:	
Patient Identifier:	

This introduction plan is for you to use instead of the ones in the 'Guide for children or adults taking K·Vita'.

It has been prepared by your child's or your health care professional.

Please follow it carefully.

If you have any queries, please contact them for support and advice.

Tick the boxes to keep a record of when and how much **K·Vita** you or your child have taken.

Day	Breakfast		Lunch		Dinner		Evening or bedtime snack		Total per day	
	ml	✓	ml	✓	ml	✓	ml	✓	ml	✓
1										
2										
3										
4										
5										
6										
7										

Additional Advice:

Dietitian:

Contact details:

K·Vita is a Food for Special Medical Purposes and must be used under medical supervision.

K·Vita is for the dietary management of drug resistant epilepsy.

K·Vita introduction plan – Week Two

Day	Breakfast		Lunch		Dinner		Evening or bedtime snack		Total per day	
	ml	✓	ml	✓	ml	✓	ml	✓	ml	✓
1										
2										
3										
4										
5										
6										
7										

Additional Advice:

Dietitian:

Contact details:

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K·Vita introduction plan – Week Three

Day	Breakfast		Lunch		Dinner		Evening or bedtime snack		Total per day	
	ml	✓	ml	✓	ml	✓	ml	✓	ml	✓
1										
2										
3										
4										
5										
6										
7										

Additional Advice:

Dietitian:

Contact details:

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K·Vita introduction plan – Week Four

Day	Breakfast		Lunch		Dinner		Evening or bedtime snack		Total per day	
	ml	✓	ml	✓	ml	✓	ml	✓	ml	✓
1										
2										
3										
4										
5										
6										
7										

Additional Advice:

Dietitian:

Contact details:

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K·Vita introduction plan – Week Five

Day	Breakfast		Lunch		Dinner		Evening or bedtime snack		Total per day	
	ml	✓	ml	✓	ml	✓	ml	✓	ml	✓
1										
2										
3										
4										
5										
6										
7										

Additional Advice:

Dietitian:

Contact details:

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K·Vita introduction plan – Week Six

Day	Breakfast		Lunch		Dinner		Evening or bedtime snack		Total per day	
	ml	✓	ml	✓	ml	✓	ml	✓	ml	✓
1										
2										
3										
4										
5										
6										
7										

Additional Advice:

Dietitian:

Contact details:

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K·Vita is for the dietary management of drug resistant epilepsy.

K·Vita introduction plan – Week Seven

Day	Breakfast		Lunch		Dinner		Evening or bedtime snack		Total per day	
	ml	✓	ml	✓	ml	✓	ml	✓	ml	✓
1										
2										
3										
4										
5										
6										
7										

Additional Advice:

Dietitian:

Contact details:

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K·Vita introduction plan – Week Eight

Day	Breakfast		Lunch		Dinner		Evening or bedtime snack		Total per day	
	ml	✓	ml	✓	ml	✓	ml	✓	ml	✓
1										
2										
3										
4										
5										
6										
7										
Additional Advice:										
Dietitian:			Contact details:							

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