

develops edema or respiratory problems. Treatment includes antihistamines, epinephrine, glucocorticoids, anabolic steroids, and/or airway management depending on the severity of the reaction ([Blaszczyk, Lasorí, and Czuczwar, 2015](#)).

Sleepiness, changes in mood or behavior, vision changes, and ataxia are some of the potential side effects of antiepileptic medications. These are very distressing to both children and families. They often disappear over time or when drug dosages are reduced. Blood cell counts, urinalysis, and liver function tests are obtained at regular intervals in children receiving particular antiepileptic medications that can affect organ function.

If complete seizure control is maintained on an antiepileptic drug for 2 years, it may be safe to slowly discontinue the drug for patients with no risk factors. Risk factors for recurrence of seizures include older age at onset, numerous seizures before control is achieved, presence of a neurologic dysfunction (e.g., motor or cognitive impairment), and the characteristics of epilepsy syndrome ([Verrotti, D'Egidio, Agostinelli, et al, 2012](#)). Recurrence occurs most often within the first year of discontinuation ([Braun and Schmidt, 2014](#)). When seizure medications are discontinued, the dosage is decreased gradually over weeks or months. Sudden withdrawal of a drug is not recommended because it can cause seizures, which may be longer and more intense than previously, to recur.

Drug Alert

Intravenous (IV) fosphenytoin is often used to treat seizures instead of IV phenytoin because of possible complications and drug interactions associated with IV phenytoin. If IV phenytoin is used, it should be administered via slow IV push at a rate that does not exceed 50 mg/min. Because phenytoin precipitates when mixed with glucose, only normal saline is used to flush the tubing or catheter. Fosphenytoin may be given in saline or glucose solutions at a rate of up to 150 mg phenytoin equivalent (PE)/min. It may be given intramuscularly if necessary.

Ketogenic Diet

The ketogenic diet is a high-fat, low-carbohydrate, and adequate protein diet ([Kossoff, 2013](#)). Consumption of the ketogenic diet