

THE CONNECTICUT PROGRAM FOR CHILDREN WITH DIABETES

KETONE TESTING

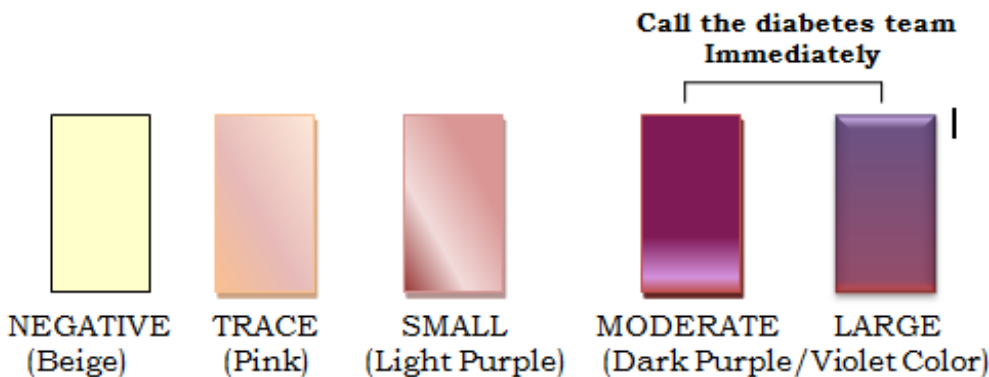
What are Ketones?

Ketones are by-products of the breakdown of fat. The body breaks down fat when glucose is unavailable in the cell or for the brain. Ketones are acids and can cause an upset stomach. When ketones are present, you may need more insulin and you may not feel well.

How to Test for Ketones

Keep ketone testing strips at home and at school. Don't wait until you're sick to buy a bottle of strips. Check the expiration date every six months, as out of date strips may be inaccurate. Results will be negative, trace, small, moderate, or large.

**This is an example of the URINE test strips:
results:**



BLOOD ketone test

<0.6 mmol/L = negative

0.6-1.5 mmol/L trace/small

>1.5 mmol/L mod/large

Call the diabetes team
Immediately- mod/large

Trace Or Small (Pink to light purple) **Drink plenty of sugar free fluids like water!**

If you're sick and your urine shows trace or small amounts of ketones, that's not so bad. Even people who don't have diabetes may have ketones in their urine when they're sick. Follow your sick-day plan, which includes drinking plenty of fluids.

- **Test your blood glucose and urine ketones again in three to four hours, repeat this until negative. If worsens to moderate/large then see below.**

Moderate Or Large (Darker Purple) **Drink plenty of sugar free fluids like water!**

If your urine has moderate or large amounts of ketones, check your blood glucose level and call your doctor immediately. You'll probably need to take extra insulin.

Call your doctor immediately.

***Test for ketones if/when:**

- Have two consecutive blood sugars over 250
OR
- When sick! (even if your blood sugars are low, normal, or high)
IF have fever, infection, Nausea or VOMITING

***** Especially if you are vomiting!**

Ketones can cause nausea/vomiting ***