

CHECKING KETONES IF YOU HAVE TYPE 1 DIABETES

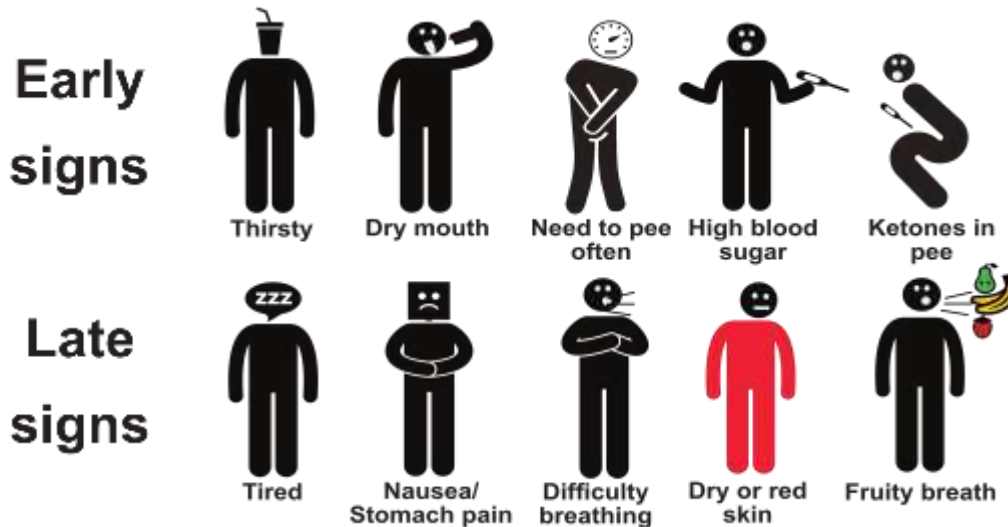
What are ketones?

Ketones are made by your liver when your body is burning fat for energy instead of sugar. This can happen when you do not have enough insulin. High levels of ketones can cause diabetic ketoacidosis (DKA) and can lead to a hard time breathing, coma and even death.

When should I check for ketones?

Check for ketones if:

- your blood sugar is over 240 mg/dl two times in a row
- you are sick or have an infection - check ketones every 4 to 6 hours
- you have any of the signs of DKA listed below:



How do I check for ketones?

Check your urine (pee) for ketones by using a ketone test strip. You can buy ketone test strips at a pharmacy. You do not need a prescription. Follow the directions on the package. Results will be negative if you do not have ketones in your urine – this is good. Positive results will show that you have low, moderate or high levels of ketones in your urine.

Some blood glucose meters can use a special ketone test strip so you can check for ketones.

What do I do if I have ketones in my urine?

If you have ketones in your urine, call your healthcare provider to talk about what you should do. Do not exercise if there are moderate or high ketone levels in your urine.