ketone testing

when to test for ketones

• Urine must always be checked for ketones if blood sugar is above 300 mg/dl.

• Urine must always be checked anytime the child feels sick or nauseated, even if the blood sugar is under 300 (especially if she/he vomits, even once).

• For the first week after diagnosis, you should also check the urine for ketones every morning.

how to check for ketones

• Completely cover the colored square on the end of the strip by dipping into fresh urine.
  • You can hold the strip directly in the urine stream or the urine can be collected in a cup.
  • If the child is in diapers, cotton balls can be placed in the diaper and the strip can then be pressed on the wet cotton ball.

• Compare the test area closely with the color chart. Hold the strip close to the color block and match the colors carefully. The timing is very important.
  • Ketostix: Read the ketones at exactly 15 seconds after dipping the strip.
  • Clinistix: Read the ketones at 2 minutes after dipping the strip.

what to do if ketones are positive

1. Notify the diabetes nurses or physician if ketones are moderate to large. Additional insulin may be needed due to the illness and ketones.

2. Have your child rest or play quietly. Physical activity should be avoided until ketones are gone. Activity can worsen the ketones.

3. Encourage fluid intake, especially water.

4. Recheck urine until ketones are negative.

5. Give insulin as ordered by physician or by your ketone correction scale.

6. Record the result of the ketones in your blood sugar record. You can use the following letters or numbers to record the result:

<table>
<thead>
<tr>
<th>Ketone Result</th>
<th>What to Write in Record</th>
</tr>
</thead>
<tbody>
<tr>
<td>Negative</td>
<td>N or 0</td>
</tr>
<tr>
<td>Trace</td>
<td>T or 5</td>
</tr>
<tr>
<td>Small</td>
<td>S or 15</td>
</tr>
<tr>
<td>Moderate</td>
<td>M or 40</td>
</tr>
<tr>
<td>Large</td>
<td>L or 80</td>
</tr>
<tr>
<td>Large-Large</td>
<td>LL or 160</td>
</tr>
</tbody>
</table>