

## **URINE KETONE TESTING**

### **WHEN TO TEST?**

1. Blood sugar is above 240 mg/dl.
2. Person feels sick or ill.
3. Person vomits (even if it is only once).
4. Women with Gestational Diabetes- test in the morning before eating.
5. Pregnant women with diabetes – test each morning before eating.

### **HOW TO TEST?**

1. Purchase ketostix (foil-wrapped stix keep longer) at the drugstore. Does not require a prescription.
2. Collect urine in a cup.
3. Place urine on strip.
4. Shake once to remove excess urine.
5. Record results in monitoring log.
6. Take monitoring log with you to physician's visits.

### **WHEN TO CALL PHYSICIAN?**

1. Call if test indicates moderate or large amounts of ketones. State to the person answering the phone that the call is urgent.
2. If pregnant, call if ketones are trace amounts but with normal or close to normal blood glucose levels 2 days in a row.

### **WHY TEST?**

Ketones appear in the urine when body cells can't get enough glucose. This can occur when there is not enough insulin activity from an inadequate dose or illness. It can also occur with not enough food as in weight loss or hypoglycemia.

### **WHAT ARE KETONES?**

Ketones are a waste product of fat metabolism. Ketones are acid. A build-up of ketones upsets the body's balance and results in keto-acidosis. The urine test reflects the amount Of ketones in the blood since the last voiding.