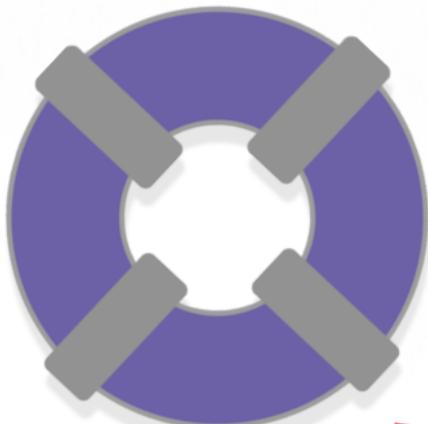


# Why do we test for ketones



**CareSens™ Dual**

Blood Glucose Monitoring System  
Blood  $\beta$ -Ketone Monitoring System

**SPIR!T**  
HEALTHCARE

# Who is at higher risk?<sup>1</sup>

For people who have type 1 diabetes:

- Missing your insulin
- If you are unwell
- If you use an insulin pump
- Children and young people
- If you are pregnant



If you have Type 2 diabetes and use insulin you may also be at risk of developing ketones.

## What are ketones?<sup>1</sup>

Ketones are made when the body starts breaking down fat. We can make small amounts of ketones when we are trying to lose weight.

When you have diabetes your ketone levels can rise when your blood glucose levels rise. This is because you will not have enough insulin for your body to use energy from the starchy food that you eat.

## How do you feel when you have ketones?<sup>1</sup>

Ketones can make you feel:

- Unwell
- Thirsty
- Like you need to pass urine frequently
- Tired and drowsy
- Pain in your stomach
- Sick or even cause you to be sick



# What to do?<sup>1</sup>

Simply know how to use this blood meter to check for ketones. What to do with the results and when to ask for help. Checking your blood ketones will reduce your risk of ketoacidosis. This is very serious as your blood is building up acids making your body lose water and salts. You must talk to your doctor, nurse or your diabetes specialist as soon as possible if you are in the yellow or red result area in the chart below. You will need to know what to do if you are ill. This is called 'sick day rules' and can then be noted in the space provided. **Remember you are trying to prevent ketones from rising.**

## Blood ketone level    What you should do<sup>2</sup>

Below  
0.6  
mmol/L

Results below 0.6mmol/L are normal for most people.

Specific advice agreed:

Between  
0.6-1.5  
mmol/L

This range alongside a blood glucose reading of over 13mmol/L suggests a risk of a problem developing. It is best to follow your healthcare professional's advice.

Specific advice agreed:

More than  
1.5  
mmol/L

A reading of over 1.5mmol/L alongside a blood glucose reading of over 13mmol/L suggests you may be at high risk of developing diabetic ketoacidosis (DKA).

Specific advice agreed:

Trying to prevent ketones is best for your health. When you have your check-ups with your doctor, nurse or diabetes specialist always ask about what to do when you are not feeling well.

**Remember NEVER stop taking your insulin.**

# Remember<sup>1</sup>

- Agree a personal plan with your diabetes team
- Follow it well to help you manage your blood glucose and ketone levels
- Act quickly
- If you are ever unsure, call your diabetes team for advice

Fill in the information below so you have the number to hand when you need it

My diabetes care team number is:

---

My diabetes care team contact is:

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### References:

1. Diabetic Ketoacidosis section, NHS Choices, accessed from; [www.nhs.uk/conditions/diabetic-ketoacidosis/pages/introduction.aspx](http://www.nhs.uk/conditions/diabetic-ketoacidosis/pages/introduction.aspx)
2. A.Soni et al (2015) Patient Advice for Management of type 2 diabetes mellitus during illness, available <http://www.wales.nhs.uk/sitesplus/documents/866/Sick%20day%20rules.pdf>, accessed January 2017



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