



# Testing for Ketones

## When to test for ketones

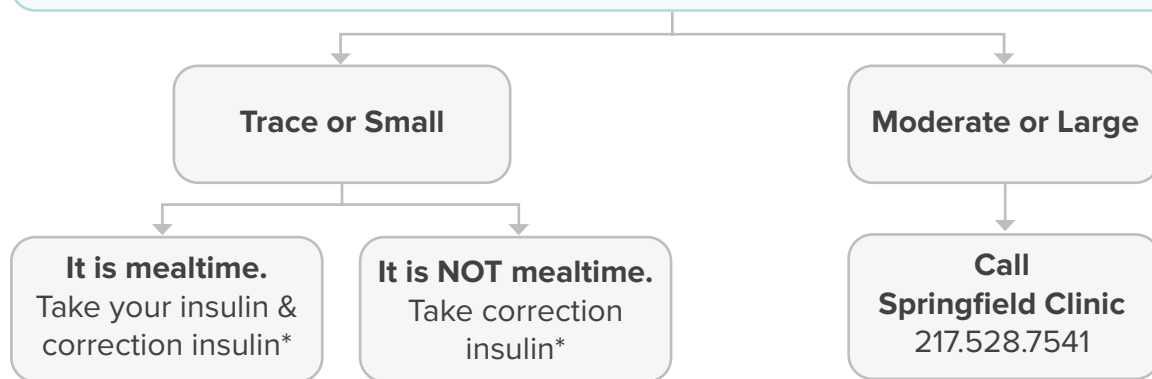
If your blood glucose is greater than 300 mg/dl and/or you are sick, you should test for ketones. Follow the guides below to determine the situational plan of action that is best for you. If you are unsure of what action to take, call Springfield Clinic Endocrinology.

It is **IMPORTANT** to remember if ketones get too high they can make you very sick. Anytime you are sick or having a problem with moderate or large ketones, call Springfield Clinic Endocrinology.

## Negative Ketones

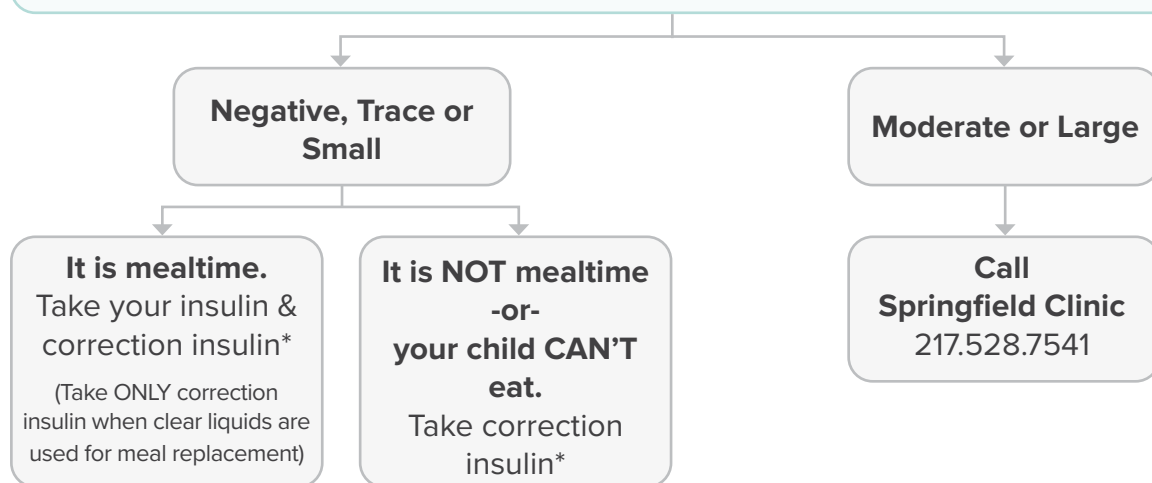
When ketones are negative taking insulin every 2-3 hours will help keep them away. If your ketones are negative and you have vomited twice, call our office.

### I AM FEELING WELL AND HEALTHY. THE KETONES ARE:



Check Your Blood Glucose every 2-3 hours when Ketones are present

### I AM NOT FEELING WELL OR I AM SICK. THE KETONES ARE:



Check blood glucose and ketone test every 2-3 hours when ill. Repeat correction insulin and liquid carbohydrate every 2-3 hours until ketones are clear AND you are feeling better.

*\*If you do NOT have a correction insulin scale, you will need to call Springfield Clinic Endocrinology.*