

When to test for ketones?

1. If you feel high blood glucose symptoms (DKA) e.g. thirsty, passing more urine, abdominal pain, nausea or vomiting, shortness of breath,
2. If blood glucose consistently above 11.1mmol/L without explanation (e.g. 2 consecutive readings at this level)
3. During episodes of illness

NB: If ketones are detected above 1.5 please follow the guidelines below. During working hours contact your diabetes specialist team.

