

## Ketone Guidelines and Management

### Type 1 Diabetes

- Unexplained Blood Glucose - over 240 mg/dL
- Illness (nausea/vomiting, fever, diarrhea)



### Check urine ketones

<b>Negative, trace, or small ketones</b>	<b>Moderate ketones</b>	<b>Large ketones</b>
<p>Use usual correction dose of Humalog/Novolog/Apidra.</p> <p>Drink 4-8 oz. of water and/or bouillon every 30 minutes.</p> <p>Check and correct blood glucose and ketones <b>every 2 hours</b> until ketones are negative.</p>	<p>Correct blood glucose using Humalog/Novolog/Apidra with 15% of your total daily dose (approximate).</p> <p>Your calculated dose: ___ units <i>Take in place of your usual correction factor.</i></p> <p>Drink 4-8 oz. of water and/or bouillon every 30 minutes.</p> <p>Check blood glucose and ketones <b>every 2 hours</b>.</p> <p>Continue to correct blood glucose every 2 hours using appropriate scale until ketones are negative.</p> <p>Avoid exercise</p>	<p>Correct blood glucose using Humalog/Novolog/Apidra with 20% of your total daily dose (approximate).</p> <p>Your calculated dose: ___ units. <i>Take in place of your usual correction factor.</i></p> <p>Drink 4-8 oz. of water and/or bouillon every 30 minutes.</p> <p>Check blood glucose and ketones <b>every 2 hours</b>.</p> <p>Continue to correct blood glucose every 2 hours using appropriate scale until ketones are negative.</p> <p>Avoid exercise</p>

### Ketoacidosis: A High Blood Glucose Emergency

- Serious condition that develops when ketones build-up in the blood stream.
- Caused by illness, missed insulin, or not enough insulin in the body.
- Go to the emergency department if you have symptoms of ketoacidosis, such as nausea, vomiting, fruity odor to the breath, drowsiness, and deep breathing (shortness of breath). If left untreated, ketoacidosis can result in coma.