

What are the signs of high ketone levels?

Early signs and symptoms can include:¹

Passing large amounts of urine

Feeling very thirsty

Feeling sick

Abdominal (tummy) pain

Feeling very tired or sleepy

Deep or fast breathing

Breath that smells sweet or fruity

Self-Testing for blood ketones

Testing for blood ketones is very simple. It is similar to how you test for your blood glucose levels. And the good news is that you can do both tests on the CareSens Dual meter.

Check with your healthcare professional if you are eligible for a funded CareSens Dual meter.



The CareSens Dual meter



The convenience of blood ketone and glucose testing on one meter, PLUS Bluetooth functionality for easy management of test records.



For more information, please contact your friendly Pharmaco Diabetes team on

0800 GLUCOSE (0800 45 82 67)

or visit

www.PharmacoDiabetes.co.nz



Why understanding your blood ketones is important.



- <https://www.nhs.uk/conditions/diabetic-ketoacidosis/>
- <https://www.healthnavigator.org.nz/health-a-z/d/diabetic-ketoacidosis/>
- <https://www.starship.org.nz/for-health-professionals/starship-clinical-guidelines/d/diabetes-managing-hyperglycaemia-and-ketone-testing-in-hospitalised-patients-with-diabetes-mellitus/>

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Always read the label and follow the instructions.

Where do ketones come from?

Your body usually runs on glucose (sugar) created when the body breaks down food. But when it doesn't have enough insulin to use glucose for energy, it starts to break down fat for energy.

Ketones are by-products of this breakdown. High levels of ketones make your blood acidic, which is why it is known as diabetic ketoacidosis (DKA).

Diabetic ketoacidosis is a serious medical complication that can affect people with diabetes. It is more common in people with type 1 diabetes.



Blood ketone test strips

You can contact your healthcare provider to arrange a prescription for ketone test strips (KetoSens). KetoSens test strips pack has 10 individually foil wrapped ketone strips. If eligible, your healthcare professional can prescribe two packs of KetoSens strips per prescription.

When should you test for blood ketones?

Timely testing for blood ketones can help you in early detection or prevention of DKA episodes. Your diabetes healthcare professional will advise you when to test blood ketones.

Generally, it is recommended to test for ketones:²

If you are not feeling well

If your blood glucose levels are consistently high (> mmol/L; HCPs to recommend)

If you have any of the symptoms of DKA

When you and your healthcare professional feel it is necessary

Your CareSens Dual meter flashes a 'KETONE' test reminder on the meter's screen if your blood glucose test is more than 13.3mmol/L.

Understanding your blood ketone numbers³

Under
**0.6
mmol/L**



Indicates no ketones or only a trace.

Between
**0.6 - 1.5
mmol/L**



Indicates that a small to moderate amount of ketones are being produced.

Follow your healthcare professional's instructions. You may need to adjust your medication or initiate your sick day action plan. You may need to test again to see if the value has lowered.

Above
**1.5
mmol/L**



Indicates moderate to large amounts of ketones are present, this could present a risk of ketoacidosis.

Initiate your sick day action plan and contact your diabetes healthcare professional immediately.