

# TODAY

Treatment options for  
type 2 Diabetes in Adolescents & Youth

## Ketones What, when, where ?

**WHAT:** Ketones are leftovers from the body burning too much fat for energy. Think of ketones as toxic trash. Ketones can make you ill.

**WHEN:** Ketones appear when you have high blood sugars.

High blood sugars and ketones can happen if you:

- ▶ Do not take enough diabetes medicine
- ▶ Are sick
- ▶ Have an infection
- ▶ Get angry or upset

**WHERE:** Ketones can be found by testing urine.

Everyone eats too much sometimes. We all get sick or angry. There are days medicine may be forgotten. So, when should ketone testing be done?



### Test for Ketones

- ▶ Any time you have a blood sugar over 300.
- ▶ If urine ketones are moderate to large, call your study Diabetes Educator. If urine ketones are less than moderate but more than negative Drink-Drink-Drink water. Try to drink 1-2 cups every hour.



## **Ketone Worksheet**

Ketones can be caused by high blood sugars. One thing I can do to try not to have high blood sugars all the time is:

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My morning blood sugar is 301 on my meter. I feel fine. I need to:

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I'm not feeling good. My blood sugar tests at only 154. I need to:

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Urine ketones are negative but my blood sugar reading is 312. I need to:

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When urine ketones are more than small, I should:

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My TODAY diabetes educator is:

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I can call my diabetes educator at:

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*See Chapter 5 for more on ketone testing.*