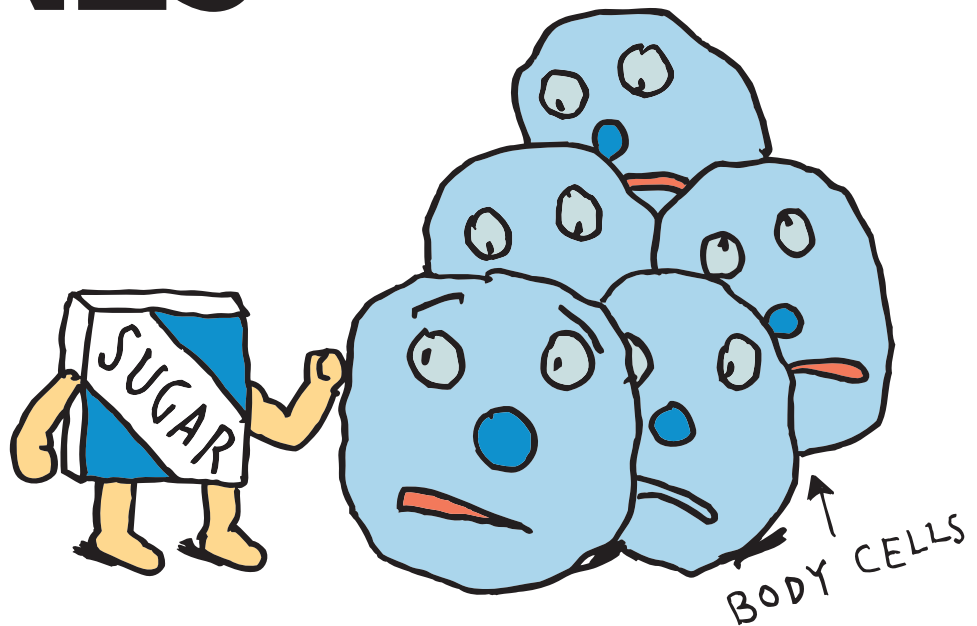


# KETONES

Ketones in the blood mean that your blood sugar level is too high. Your body has little or no insulin. Without enough insulin, your body cannot get the energy it needs from the sugar (glucose) in food.

This is a serious health problem. You need to lower your blood sugar right away.



**The warning signs** of a high blood sugar problem include one or more of the following:

- FEELING VERY TIRED
- HAVING TO URINATE OFTEN
- HAVING BLURRY VISION
- BEING VERY THIRSTY
- HAVING AN UPSET STOMACH
- HAVING TROUBLE BREATHING

**A urine or blood test**

is used to check for ketones. Check for ketones if you have any warning signs, and check every four hours if you:

- ARE VOMITING, HAVE DIARRHEA, OR ARE NOT EATING BECAUSE OF ILLNESS
- HAVE A BLOOD SUGAR OF 240 MG/DL OR HIGHER TWICE IN A ROW

The risk (chance) of having ketones is higher if you have type 1 diabetes. But, it can also happen if you have type 2 diabetes.

## What to do?

Call your doctor or the diabetes clinic right away if you have ketones and you cannot lower your blood sugar. Don't wait! You could pass out or have other serious health problems.

