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 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.