

How to interpret blood ketones

Under 0.6mmol/l - normal; re-check in 2 hours if blood glucose remains above 10mmol/l.

0.6-1.5mmol/l – indicates extra fast acting insulin is required, (see correction dose calculator for units of insulin required or follow instructions given by Expert meter).

Recheck blood glucose and blood ketones in 2 hours. Repeat correction dose will be needed if blood glucose remains above 10mmol/l.

1.6 mmol/l or more – indicates DANGER - risk of diabetic keto-acidosis, this can be life threatening, follow the simple rules and contact your diabetes nurse or the children's ward for advice.