

Ketone testing in Type 2 Diabetes



If you are taking a class of medications known as SGLT-2 i.e. Empagliflozin/Dapagliflozin/Canagliflozin you will have been supplied with a dual testing Glucometer by a member of the nursing team.

You are advised to test your blood glucose level once daily, before food. If the reading is above 13mmols, you are advised to check for ketones.

Below is a guide on what action should be taken depending upon the readings:

Ketones 0.6 or under	Normal
Ketones 0.6-1.5	Indicates more ketones are being produced than normal. Please test again 2 hours later to see if they have lowered.
Ketones 1.6 – 2.9	Indicates enough ketones are present to cause ketoacidosis – please contact your GP surgery for advice or 111
Ketones 3.0 or above	Please attend your nearest A&E department for full assessment.

Signs of ketoacidosis include:

- Increased ketones in your blood
- Weight loss
- Loss of appetite
- Muscle spasms
- Headaches
- Thirst
- Abdominal pain
- Vomiting