

How to treat DKA?

If the ketones are TRACE or + or ++ :

- Drink plenty of water.
- Take rest.
- Check the ketones and blood sugar every 3 to 4 hours.
- Take the correct dose of insulin.

If the ketones are (+++ or ++++) go immediately to the hospital to receive the proper treatment including IV fluids, insulin and electrolytes.

How to protect yourself from DKA?

- Don't skip the insulin dose.
- Monitor your blood sugar frequently, especially if you are sick.
- Keep your blood sugar under control by taking the medicine as doctor instructions.
- Be aware about the sick day rules.

Do not exercise when your urine test shows ketones and your blood sugar is high.

DKA is a dangerous and serious situation, if you have any symptoms don't hesitate to contact your healthcare provider immediately or go to nearest hospital.

Diabetic Ketoacidosis (DKA)



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Diabetic Ketoacidosis

(DKA)

What is DKA?

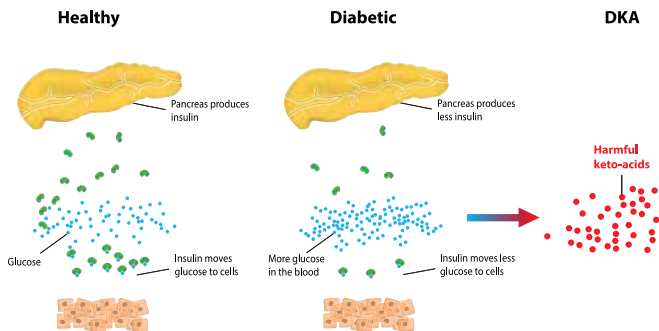
It is an acute complication of diabetes caused by a shortage of insulin and a buildup of ketones.

It is common in type 1 diabetes.

In some cases it can be fatal.

How does DKA occur?

This occurs when the blood sugar is high and insulin is insufficient. The body cannot get glucose from the blood into the body's cells so the body begins to break down the fat which leads to the production of ketones.



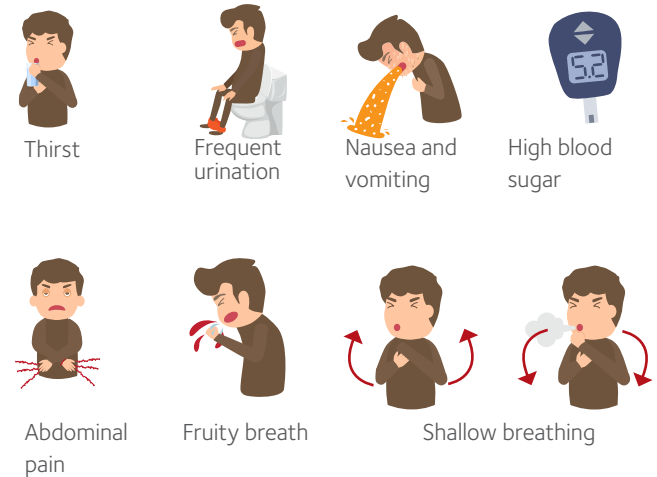
When should you check ketones?

- When your blood sugar more than 250 mg/dl.
- When you are sick (cold, flu) or have an infection.
- When you have signs and symptoms of DKA.

Ketones:

- Are a toxic acid remaining when the body burns the accumulated fat.

What are the signs and symptoms of DKA?



How to check your ketones?

You can check your ketones through a simple urine test by using ketone strips by following the next steps carefully:-

- Get a sample of your urine in a clean container.
- Place the strip in the sample.
- Gently shake excess urine off the strip.
- Wait for the strip pad to change color.
- Compare the strip pad to the color chart on the strip's bottle.
- This gives you find out the amount of ketones in your urine.

