

## Blood Ketone Monitoring



The Freestyle Optium meter is the first meter that tests both blood glucose and blood ketones. It helps with sick day management as it provides an instant ketone level. Research shows that people who have the meter manage sick days much better as they can monitor for ketones and help prevent problems occurring.

The presence of ketones in the blood indicates not enough insulin is present in the body. Blood ketones vary rarely go high when you are not sick. When you have ketones in your blood you can become unwell very quickly if you do not manage the problem with extra insulin. The amount of insulin you need will depend on how high your levels are. You need to talk with your doctor or diabetes educator about your sick day plan. The table below tells you when to test for ketones and what to do.

If blood glucose is:	And ketones are:	Do this:
15mmol/L or less	0.6 mmol/L	Do not give extra insulin, check BGL and ketones again in 2 hours
More than 15 mmol/L	Less than 0.6 mmol/L	Recheck BGL in 2 hours. May come down without extra insulin. If stays high, give some extra insulin as per your instructions from your doctor or diabetes educator
More than 15 mmol/L	0.6 - 1.5 mmol/L	Give an extra insulin dose as per your instructions from your doctor or diabetes educator. Check blood glucose and ketones again in about 2 hours.
More than 15 mmol/L	More than 1.5 mmol/L	Give an extra insulin dose as per your doctors or diabetes educators instructions. Check blood glucose and ketones every hour

(Adapted from Important information on sick day management; Abbott/Medisense)

### Understanding ketone blood results

You should continue to test for ketones and follow the above instructions until the result is negative.

The blood glucose test strips for the Optium Xceed meter are supplied NDSS at the same price as other test strips. Currently the blood ketone strips are not covered by NDSS and are available at Healthy Living NT in packets of 10.

**Darwin**  
Shop 1 & 2 Tiwi Place,  
Tiwi NT 0810  
PO Box 40113,  
Casuarina NT 0811  
Phone: 08 8927 8488  
Fax: 08 8927 8515  
E: info@healthylivingnt.org.au

**Alice Springs**  
Jock Nelson Centre,  
7/16 Hartley Street,  
Alice Springs NT 0870  
Phone: 08 8952 8000  
Fax: 08 8952 7000  
E: alicesprings@  
healthylivingnt.org.au

www.healthylivingnt.org.au  
ABN 11 374 693 055

Healthy Living NT  
is the trading name of the  
Diabetes Association  
of the Northern Territory  
Incorporated.

Healthy Living NT  
is the registered NT  
licence holder for  
Life. Be in it.

