

Also Known as DKA

Diabetic Ketoacidosis

DKA is a very serious complication that happens when you don't have enough insulin to let blood sugar into your cells. When this happens, your liver breaks down fat instead of sugar for fuel. This process produces an acid called ketones, which can build up in your blood and urine. Too many ketones cause your blood to be acidic and basically become a poison to your body.



Signs and Symptoms Include:

- Blood sugar >250 mg/dL and not lowering
- Urinating a lot
- Being very thirsty
- Flushed face
- Fruity-smelling breath
- Headache
- Nausea and vomiting
- Stomach pain
- Fast, deep breathing

Feel Sick or Have Blood Sugars Over 240 mg/dL

Use an over-the-counter ketone test kit or a specific meter to check your urine.

- **If you have moderate or high levels of ketones, call your doctor immediately.**
- **If you cannot reach them, call 911 or go to the emergency room or urgent care.**

Small amounts of ketones may mean that ketones are starting to build up. If you see trace amounts, you should increase your water intake and take the steps necessary to normalize your blood sugar levels. Check for ketones often, or every few hours, and call your doctor if the levels increase.



Do you have an over-the-counter ketone test in your home? If you have questions about this, call your HealthCoach.

Remember, if you have ketones in your urine AND symptoms, DO NOT EXERCISE to bring your blood sugar down.

Exercising while you have ketones in your urine can cause your blood sugar to go even higher.