**Checking for Ketones**

**Things to consider:**

* Provide the student with as much privacy as possible
* Encourage the student to assist in the procedure as much as she is able to help student learn self-care skills
* Ensure strips are contained in a tightly sealed container and show no signs of discoloration
	+ Prolonged exposure of test strips to air may lead to inaccurate results
	+ Discolored test strips should be discarded

**Needed Supplies:**

Urine cup or clean container

Ketone testing strips

Individualized Health Plan (IHP) and/or Healthcare provider’s order

**Procedure**

1. Position student to provide as much privacy as possible
2. Explain the procedure to the student at his/her level of understanding
3. Encourage the student to assist in the procedure as much as he/she is able to help student learn self-care skills
4. Gather supplies and place on a clean surface
5. Check expiration date on testing strips
6. Ensure strips are contained in a tightly sealed container and show no signs of discoloration
	1. Discolored test strips should be discarded
7. Wash hands
8. Put on gloves
9. Have the student provide a urine sample in a urine cup or clean container
10. Place the test strip in the urine
11. Gently shake excess urine off the strip
12. Wait for the strip pad to change color
	1. The directions will tell you how long to wait
	2. Be sure to follow timing instructions accurately as reading to soon or waiting too long could result in inaccurate results
13. Compare the strip pad to the color chart on the strip bottle
	1. This gives you a range of the amount of ketones in the student’s urine
14. Discard the testing strip and urine, per school policy
15. Remove gloves
16. Wash hands
17. Document ketone results in student’s healthcare record
18. Follow health care provider’s orders
19. Update parents and healthcare provider, as needed

**References:**

American Diabetes Association. (2013). *Checking for Ketones*. Available at: <http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/checking-for-ketones.html>

Connecticut State Department of Education. (2012). *Clinical Procedure Guidelines for Connecticut School Nurses.* Available at: http://www.sde.ct.gov/sde/lib/sde/pdf/publications/clinical\_guidelines/clinical\_guidelines.pdf

**Acknowledgement of Reviewers:**

Andrea Monicken, BSN, RN

*Diabetes Educator*

*Aurora Healthcare*