

Transcript: *ketone testing*

"We're going to do a ketone test. So we do ketone testing when your blood sugars are high and they're staying high or if you're sick. Yeah?"

So we're going to take the strip, so you've already washed your hands and you've already pricked your finger because you've done a blood glucose test, you've already used your finger pricker.

So what we're going to do is put the strip into the meter so I've just torn off the end of the foil wrapping on the strip and I'm popping that into the ketone testing meter. And it's switched itself on.

Okay, so you've got a drop of blood on the side of your hand so we're just going to squeeze a little bit more blood out of there and just applying that drop of blood to the end of the strip.

So now its counting down and its going to give us a number and it's 0.3. So anything above 0.5 your mum would need to ring the doctors for some advice and what we're just going to do now is show how to do a urine ketone.

So if you didn't have the meter that does the ketones or say you'd run out of strips or your meter wasn't working for whatever reason, it's good to have the backup. I had a family just yesterday who said that they went to use their ketone meter and the battery was dead so at least they were able to use the urine ketone strips.

So what we do with that is we dip the ketone strip into the urine and we wait for 15 seconds"

"1,2,3,4,5,6,7,8..."

"Are we at 15 seconds now?"

"24"

"Oh okay, right, okay, so what we're doing now is we're comparing the colours on the urine ketone, yeah, so that's, that colour there, the first one is negative, and the second one is a trace. But anything above that, we get into the 1+, 2+, 3+ or the 4+ then again, it might mean that you need more insulin."