There are a number of meters available for checking Blood Ketones: Precision Xtra® and the NovaMax® Plus are more commonly used by our students. Check student’s meter to determine if further instructions are needed.

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| **Explanation/Return Demonstration**  A. States purpose of blood ketone monitoring.  B. The Individualized Health Plan (IHP) is referenced for proper timing of testing and necessary interventions are followed.  C. **Identifies supplies:** Blood Ketone meter, calibration strip (for the Precision Xtra), ketone test strip, lancing  device, tissue/cotton ball, gloves, IHP, Student Daily Diabetes Monitoring Log  D. **Procedure:**  1. Wash hands with soap and water and dry thoroughly. Assemble supplies, Put on gloves (if UAP to poke finger)  2. Student should thoroughly wash and then dry hands.  3. For the **NovaMax Plus** – insert the ketone test strip into the meter. Make sure to use the KETONE test strip and not the blood glucose test strip. There is no need to calibrate this meter. Meter will turn on once test strip is inserted. Obtain blood sample from finger. Touch drop of blood to tip of window on ketone test strip. Result will appear in 10 seconds.  3. For the **Precision Xtra** – *Calibration is no longer required*. Make sure that you are using the KETONE test strip. Insert the three black lines at the end of the test strip into the test port of the meter. Gently push the test strip in until it stops. The meter will turn on automatically. Note: Check that LOT 75001 or CODE 75001 appears on the meter display window. If LOT 75001 or CODE 75001 is not displayed, contact Parent or RN. May also contact Customer Service at 1-888-522-5226. Apply a small drop of blood from the finger to the white target area at the end of the test strip. The blood will be drawn into the test strip. Result will appear in 10 seconds.  4. Record results on Student Daily Diabetes Monitoring Log.  5. Dispose of used ketone test strip in lined wastebasket.  6. Follow directions per IHP. Contact parent and District RN as indicated in IHP.  \***Call parent immediately if result is 1.0 mmol or higher. Student requires close monitoring and parent should plan to pick up student from school.**  \* NO EXERCISE with Moderate/Large Ketones  \*Student may exercise with trace/small ketones if feeling OK and drinking plenty of water.  **Interpreting the Blood Ketone Results:**  **Below 0.6 mmol/L -** Readings below 0.6 are in the Normal Range  **0.6 to 0.9 mmol/L**  - Elevated, have student drink plenty of sugar free fluids, contact parent and RN,   will require extra insulin, if using a pump, will require insulin via injection.  **Above 1.0 mmol/L -** Serious risk of developing DKA,  **Call Parent immediately, student should be picked up from school.** |