

Procedure for Blood Ketone Testing

Pupil:	DOB:	School:	Grade:
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GENERAL INFORMATION	<ol style="list-style-type: none"> 1) Testing the blood for ketones is considered to be more accurate than urine testing for ketones. Blood ketone testing reflects time accuracy whereas urine ketones reflects a time delay. The monitoring of blood ketone levels can assist in proper management of diabetes. 2) Follow manufacturer's guidelines for ketone ranges (negative or "normal limits", moderate and large or "at risk for possible ketoacidosis").
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EQUIPMENT AND SUPPLIES	<ul style="list-style-type: none"> • Alcohol prep pad • Finger lancing device* • Blood ketone testing meter such as Precision Xtra with strips • Blood testing strips for specific electronic meter 	<ul style="list-style-type: none"> • Tissue or cotton balls • Gloves • Log Book • Spot bandage
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Procedure

ESSENTIAL STEPS	KEY POINTS AND PRECAUTIONS
1. Wash hands with soap and water. Put gloves on. Student's hands must be washed as well. This is sufficient for prepping the site, however, alcohol may be used for further prepping. The site selected must be dry before pricking.	Alcohol may cause toughening of the skin or burning sensation. If moisture (water or alcohol) remains on the skin it may alter test results.
2. Place ketone testing strip into electronic meter according to manufacturer's instructions.	
3. Prepare lancing device according to manufacturer's instructions.	*If school personnel are performing the procedure then a disposable lancing device must be used.
4. Select a site on the top sides of any fingertip. Hang the arm below the level of the heart for 30 seconds to increase blood flow.	The tops of the fingertips may be more sensitive. The sides of the fingers have less blood flow.
5. Puncture the site with the lancing device. Gently squeeze the finger in a downward motion to obtain a large enough drop of blood to cover the test strip (3/16" to 1/32" in diameter).	
6. Place blood onto testing strip and complete procedure according to manufacturer instructions.	Compress lanced area with tissue or cotton ball until bleeding stops or apply spot bandage.
7. Dispose of test strip and tissue or cotton ball in lined wastebasket. Dispose of lancing device in Sharps container.	
8. Remove and dispose of gloves, wash hands.	
9. If results are small, notify school nurse and parent. If results are moderate or large, call parent to take pupil home for close observation and/or medical care; notify school nurse.	
10. Record results in Diabetes Monitoring log.	Refer to Standard Procedure for Hyperglycemia for specific treatment.