**Plano Independent School District**

**School Health**

**Urine Ketone Monitoring Procedural Guideline**

**Purpose**

To measure the amount of ketones in the urine to assess student’s needs for:

1. Hyperglycemia (high blood sugar)
2. Insulin

**Equipment and Supplies**

1. Paper cup
2. Urine ketone testing strips
3. Gloves
4. Watch or clock with second hand

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|  | **Essential Steps** | **Key Points and Precautions** |
| 1) | Wash hands and put on gloves. |  |
| 2) | Saturate the test strip with urine by one of the following methods:* Student to hold strip in urine flow.
* Student to urinate in cup, then strip is dipped in urine.
 | Bottles of urine ketone strips expire six months after opening. Put a date on the bottle when it is opened. Individually foil-wrapped strips expire per manufacturer date on box. |
| 3) | Wait for test strip to develop per directions on test strip bottle. | Count the number of seconds from the time the strip is dipped in the urine until it is read. Most strips are read at 15 seconds. |
| 4) | Compare color of strip to chart on bottle or chart in box. | Results will be read as negative, trace, small, moderate, or large. |
| 5) | Empty cup and then dispose of cup and ketone test strip in lined wastebasket. |  |
| 6) | Remove and dispose of gloves. Wash hands. |  |
| 7) | Record results in student’s glucose log sheet. | Refer to doctor’s orders for management of ketone results. |