

## Testing Urine Ketones

Test your child's urine for ketones twice each day for four to six weeks after discharge.

- Your child should have moderate to large ketones in the urine.
- Please record ketone results on the log sheets provided.
- Bring these log sheets to your child's next visit.
- To test for urine ketones, you will use ketone strips (Ketostix or other brand).

Steps for testing urine ketones:

1. Collect urine in a clean dry container.
2. If your child is diapered:
  - a. Place cotton balls in the diaper to collect urine.
  - b. Remove the plunger from a large syringe.
  - c. Place the cotton balls in the syringe.
  - d. Replace the plunger and squeeze the urine out of the cotton balls into a clean dry cup.
3. Dip the strip into the fresh urine and remove the strip immediately.
4. Wait for 15 seconds. Compare the color of the ketone strip to the color-coded results on the bottle label.
  5. Write the date, time and number of the color strip on the log sheet.

