**Managing High Ketones and Low Blood Glucose Levels in the Community**

**Check blood glucose and ketone levels if:**

### SYMPTOMATIC WITH HIGH KETONES OR LOW BLOOD GLUCOSE

* Facial flushing • Unexpected irritability
* Vomiting • Sweating
* Rapid, panting breathing • Cold & clammy to touch
* Increased heart rate • Appearing jittery/confused or disorientated
* Unexpected lethargy or tiredness

If ketone levels

**>6.0 mmol/ L**

Check blood glucose level and if

**<2.6 mmol/ L\***

### TREATMENT

1. Give 5g Maxijul (1 yellow scoop) in 50mls water

**OR** 50ml pure fruit juice (apple/pineapple/orange)

**After 20 minutes re-test**

**blood ketones AND glucose**

**If blood glucose <2.6 mmol/ L**

Give 50ml Maxijul water

**Go to local hospital if**

Your child cannot take treatment

or blood glucose does not improve

after the next dose of Maxijul water

**If blood ketones >6.0 mmol/ L**

Give 50ml Maxijul water

**Consider local hospital if**

Your child cannot take treatment

or blood ketones do not improve

after the next dose of Maxijul water

\*If your child has persisting symptoms then correct any blood glucose levels <3.0 mmol/L