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Urine ketones:

How to Use Ketone Testing Strips

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1. Completely saturate test end of the strip with urine
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2. Shake off excess urine drops
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3. Wait at least 15 seconds
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4. Compare color on strip to color array on side of bottle

well

Blood ketones:

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| <p>1. Prick your child's finger</p>  | <p>2. Insert the ketone test strip into the metre</p>  |
| <p>3. If the reading is greater than 1.0, refer to the clearing ketones protocol</p>  | |