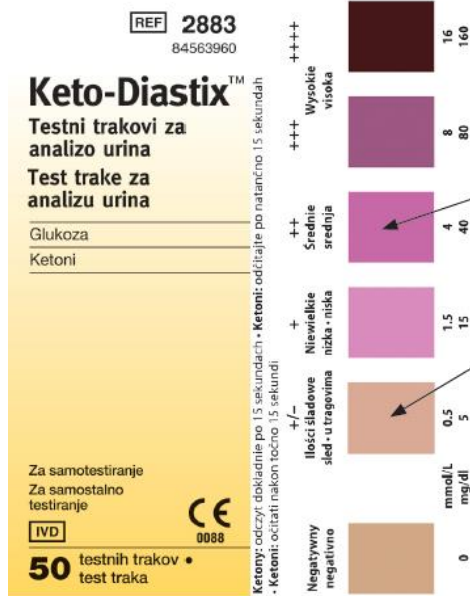


Monitoring the presence of ketones in urine



KETONI V URINU

datum	ketoni v urinu na tešče	glukoza na tešče	glukoza 90 min po zajtrku	glukoza pred kosilom	glukoza 90 min po kosilu	ketoni pred večerjo	glukoza pred večerjo	glukoza 90 min po večerji
4.2.	0					++		
5.2.	+					0		
6.2.	+/-					0		
7.2.	0					0		
8.2.	0					0		
9.2.	+					0		
10.2.								

Telesna teža: kg, datum:

What to do if you detect ketones in urine?

1. Ketons with proper nutrition do not usually appear in urine. If in the last 12 hours, you take in less food than you burn, there is a greater chance of detecting the presence of ketones in urine.
2. Measure ketones 2 times a day – before breakfast (when you wake up) and before dinner.
3. Record the results in the log, as shown in the picture above.
4. Always bring the log with your examinations.

BEFORE BREAKFAST

- Do not miss your dinner or after dinner snack.
- Increase the intake of protein.
- If ketones are still present, you can drink a glass of milk or yogurt at night.

BEFORE DINNER

- Have regular meals, in accordance with the guidelines for a healthy diet (6 meals).
- Increase the intake of protein for lunch.
- Drink an additional 2 dcl of milk, yogurt, 3-5 dag of cheese or curd (or some nuts), over the course of the day.