

# Testing pee for ketones

## How do I do the test?

If your child wears diapers, put a cotton ball in your child's clean diaper when you change them. The cotton ball will soak up the pee that will be tested.

If your child uses the toilet, help your child collect a small amount of urine in a cup. Your child should not pee directly on the test strip.

1. When your child's diaper is wet and ready to be changed or your child has peed in the cup, take one test strip out of the bottle. Do not touch the bottom end of the test strip.  
To get pee onto the test strip:
  - Squeeze the pee from the cotton ball onto the test strip or dab the wet cotton ball onto the test strip.
  - Dip the test strip into the cup of urine. Tap the strip on the edge of the cup to shake off extra pee.
  - If there is any poop in the pee, do not test it. You will need a new pee sample.
2. Wait 30 seconds. Compare the color on the end of the strip with the colored chart on the bottle.
3. Keep track of all results and bring them to your child's clinic visit.

Example:

Date	Ketones
6/15 8:00am	None
6/15 5:00pm	Trace
6/16 9:00am	Moderate

There are different brands of test strips, including Ketostix.



## Special information

- Your doctor or nurse will tell you when to test your child's pee and what the results should be.
- Store the bottle of test strips with the cover on. Keep the bottle in a dry place, away from sunlight, heat, and moisture.

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**