

# Diabetic Ketosis

## Diabetic Ketosis or Ketoacidosis

These words are used by doctors to describe what happens when the blood sugar is very high and ketones are present in the urine. This could be caused by missing insulin injections, taking too small a dose of insulin or neglecting your diet.

It may also happen if you have an infection or another illness, because at these times the body needs more insulin. You will notice that your blood or urine tests change to indicate the presence of more sugar when you have a cold.

It is a serious mistake to think that you need less insulin if you have an infection. This is not so, even if you lose your appetite. **Remember that if you have an infection you usually need more insulin, even if you are not eating as much as usual.**

Diabetic ketosis is a serious problem which generally develops gradually over 12 to 48 hours. If you suspect this condition, **immediately seek help from your diabetes clinic or doctor.**

## Symptoms of Ketosis

The symptoms of ketosis include the following:

- Rapid breathing or breathlessness
- Flushed cheeks
- Abdominal pain
- Sweet fruity smell on the breath
- Vomiting, nausea
- Dehydration

## Important

These signs and symptoms should be regarded very seriously and require immediate medical attention. Remember that you must **never stop your insulin** except when instructed to by your doctor.