



Stop Diabetic Ketoacidosis (DKA)

You can stop DKA.

DKA doesn't have to happen to you. Almost all DKA can be stopped before it makes you sick enough to go to the hospital. Each event of DKA is potentially life-threatening. It's a medical emergency and must be treated in a hospital Intensive Care Unit (ICU).

What is DKA?

Ketones are acids. When they build up in your body, they make your blood acidic. This is DKA.

Everyone uses blood sugar (glucose) for energy. When you don't have enough insulin to use glucose, your body starts to burn fat cells instead. This process makes ketones. DKA is when ketones build up in your body. By following some special rules you may be able to stop the ketones from building up in your body which may keep you out of the hospital.

Don't wait. Get help!



How to keep DKA from happening to you

- Check your blood sugar and use your mealtime insulin.

People with Type 1 diabetes should check blood sugar first thing in the morning, last thing before going to bed, and before any meal or snack. Try to check during these times as often as you can and correct any high blood sugars with insulin if you know exactly how much extra you're supposed to take. If you don't know how to do this, ask your doctor or diabetes nurse right away.

- Take bedtime insulin every single day.

The bedtime insulin dose is the most important dose of the day. It should keep your blood sugar steady overnight. People who start skipping this shot often end up in the hospital.

- Check your urine for ketones if your blood sugar is over 300 or if you're sick for any reason, no matter what your blood sugar is. If you don't have ketone strips at home, ask your doctor for a prescription. This strip will turn purple when you urinate on it if you have ketones. This is a danger sign so get help.

- If you're having trouble getting insulin for any reason please ask your diabetes nurse or doctor for help. They can help you figure out how to make managing your diabetes easier.
- If you have ketones, drink lots of water. Take your extra insulin dose if your doctor has told you exactly how much to take.
- If you throw up, ketones get worse. Go to urgent care right away.

Don't wait. Get help!

HOW TO GET HELP:

24/7 advice nurse: If you have high blood sugar or you're sick and you have moderate to large ketones, call toll-free **1-800-288-2264**, TTY **711**.

Go to urgent care: If you vomit even once, for any reason. Vomiting and Type 1 diabetes are never good together. Vomiting and ketones means you're about to go into DKA. There might be time to fix the problem in the urgent care if you go as soon as you're sick enough to throw up.

If you can't get to an urgent care, you can call DispatchHealth at **702-848-4443** for an urgent care house call to receive treatment at home. (Available seven days a week from 8 a.m. to 10 p.m.)*

Go to the nearest ER: If you vomit more than once and you can't get to urgent care, or if you can't stop throwing up or your breathing changes, go to the emergency room.

For information, please call Disease Management at **702-242-7346** or toll-free **1-877-692-2059**, TTY **711**, Monday through Friday, 8 a.m. to 5 p.m. local time.

*This service is only available to health plan members in Southern Nevada living in covered ZIP codes. To check availability, visit **DispatchHealth.com**.

DiABETES

*Here to help you manage
your type 1 diabetes.*



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