

Step-by-Step: Checking Ketones

Checking Ketones. Wash your hands with soap and water for at least 20 seconds.

Take out your tube of test strips. Turn the tube sideways and remove the cap by twisting it off.

Take out one of the test strips and replace the cap by twisting it back on. Quickly place the tip of the test strip into the stream of your urine.

Pull the tip out of the stream of urine and wait 15 seconds.

Match the color on the tip of the test strip to one of the colors labeled on the side of your tube. Correctly dispose of the test strip.

Wash your hands with soap and water for at least 20 seconds.

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