

Questions to Ask Your Health Care Professional



When you visit your health care professional for a consultation about Diabetic ketoacidosis (DKA), be sure to bring along a list of questions you want to ask. Here are some ideas.

- What is diabetic ketoacidosis (DKA)?
- What are ketones?
- Why is acidosis dangerous?
- What are the most common causes of DKA?
- What are the most common complications of DKA?
- What risk factors do I have for DKA? Do I have a heightened risk for DKA?
- If I use an insulin pump or continuous glucose monitor, what device failures could lead to DKA?
- What steps can I take to help prevent DKA?
- What medications help prevent DKA?
- Should I be concerned about the risk of DKA if I take medications like SGLT2 inhibitors or diuretics?

- How often should I check my glucose (blood sugar)?
- How often – and when – should I check my ketones?
- Which type of ketone test – blood, urine, or breath – is right for me? Why?
- What ketone level is considered safe? What level requires me to call my health care professional? What level requires me to go straight to the emergency room?
- Are there any early signs of DKA that I might not recognize?
- What symptoms of DKA indicate a true emergency?
- How does my health care professional diagnose DKA?
- How is DKA treated?
- How long does it take to treat DKA?
- Can DKA be treated at home?
- Can we review my sick-day plan?
- What items should I always have ready at home to support my sick-day plan?
- What should my family and friends know about how to spot DKA in me?
- Can my health care professional provide a written, personalized DKA action plan for me?
- What do I need at home for disaster preparedness?