

DIABETIC KETOACIDOSIS (DKA) IN TYPE 2 DIABETES

DKA is usually experienced by people with type 1 diabetes. But it can occur in people with type 2 diabetes, if an SGLT2i is one of your medications and you become unwell. One theory why this may occur is that SGLT2 inhibitors decrease the production of insulin when your body is under stress.

With insufficient insulin working, glucose can't be used for energy, so your body needs an alternate fuel source – fat. This results in high levels of acid bodies called ketones.

BG levels may be normal or only mildly elevated, unlike type 1 DKA where they are significantly elevated.




The risk is increased if you've been fasting, had a very restricted dietary intake, undergone a surgical procedure, are dehydrated or have an active infection.

Signs and symptoms of DKA - Extreme thirst, frequent urination, nausea and vomiting, abdominal pain, weakness or fatigue, shortness of breath, fruity breath smell, confusion.

Ketosis is only detected by blood ketone testing. Meters able to test blood ketones are the Freestyle Optium, Freestyle Libre, GlucoKey.

Ketone Action Guide



-  **Below 0.6 mmol/L**
Readings below 0.6mmol/L are in the normal range, and no action is needed.
-  **0.6 to 1.5 mmol/L**
Readings between 0.6 and 1.5 mmol/L indicate the development of a problem that may require medical assistance. Call healthcare team.
-  **Above 1.5 mmol/L**
Readings above 1.5 mmol/L in the presence of hyperglycemia indicates high risk of DKA. Contact your healthcare team immediately for advice.

