

DKA Signs and Symptoms

DKA usually develops slowly. Early symptoms include:

- **Drinking more water than usual**
- **Urinating more than usual**
- **Eating more than usual**

If untreated, more severe symptoms can appear quickly, such as:

- Being very tired
- Fruity smelling breath
- Headache
- Fast, deep breathing
- Muscle stiffness or aches

Sometimes DKA is the first sign of diabetes in people who haven't yet been diagnosed.

Common symptoms of diabetes:

- Extreme fatigue
- Urinating often
- Feeling very thirsty and very hungry
- Weight loss, even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)
- Cuts/bruises that are slow to heal

Go to EMERGENCY if any of the following occurs:

- You're having trouble breathing.
- You can't keep liquids down for more than 4 hrs.
- You feel too sick to eat normally and are unable to keep down food for more than 24 hours.
- You lose 5 pounds or more during the illness.
- You have vomiting and/or severe diarrhea for more than 6 hours.
- You feel sleepy or can't think clearly.
- Your temperature is over 101 for 24 hrs.
- Your blood sugar is lower than 60 mg/dl.
- You have moderate to high ketone levels in your urine (test with ketone strips).



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