



At-Home Blood Glucose Curve

The Basics

This is a test that is performed regularly for diabetic patients, especially when they are newly diagnosed and getting regulated with introducing insulin injections. We commonly do it in the clinic but some patients, especially cats, can get stressed from being here. This can cause a false increase in blood glucose. Doing the test at home can sometimes give the most accurate results.

Supplies needed:

- Glucometer. We recommend using the **Alpha Trak 3**, which we sell here. It comes in a starter pack which has everything you need, including the reader, lancet pen, lancet tips, and reader strips. You can also look around online for other pet glucometers. **Do not use human glucometers!**
- Lancet. This is a device used to obtain the blood sample. **Locations include the inner part of the ear flap or the squishy part of the paw pad.**
- Strips. These should come with your glucometer as they are machine specific. They are inserted into the reader for it to read the sample.
- Log. Whether it's a pen and paper, or the notes section of your phone, keep record of what the readings are throughout the day. **Keep in mind you will be sending the results via email.**

Important tips:

When performing a blood glucose curve, it is very important to stick as close to their normal routine as you can! We want to see where the blood glucose is reading as your pet lives their everyday life. Keeping this in mind, feed their normal food at regular times, give insulin at the regular times, do not change anything in their routine, etc.

When using an animal glucometer, **be sure it is set to the correct species!** Usually, these machines are able to be used for multiple species so read the instruction manual of your reader to make sure it is ready for use for your pet.

Start performing readings immediately after the first dose of insulin for the day.
Continue every 2 hours until the number goes down, and then starts to rise again.
This can take anywhere between 3-5 readings.

Normal blood glucose can be anywhere between 100-250 mg/dl. If it is under 100, call us or an emergency vet ASAP! Your pet is possibly hypoglycemic.

Instructions:

- Feed your pet and give the insulin as you usually would.
- Immediately after giving insulin, restrain your pet. Have someone hold them, or wrap them in a towel, if able.
- Prick desired location (inner part of ear flap or bottom of paw pad.) Sometimes, you have to squeeze around where you poked to get a nice bubble of blood. Be careful not to touch/smear the bubble!
- Put the strip up to the blood sample. The strip should suck the blood in and obtain a reading automatically.
- The machine will usually beep, but it may not, when it is done and the reading will appear on the screen.
- Write down the number appearing on the screen in your log.
- Once the curve is complete, email the results to sunnyridgevet@gmail.com. We will call you after reviewing with a doctor and create a further treatment plan for your pet.

If you have any questions or concerns, do not hesitate to give us a call. Feel free to use YouTube for tutorials if needed.



Location and application of strip to ear



Location and application of strip to paw pad