



AlphaTRAK[®] Blood Glucose Monitoring System

Client Home Use Instructions

The Client Home Use Instructions (EXAMPLES) included on this document are offered to demonstrate potential Home Use recommendations that the veterinarian might provide a pet owner. The Client Home Use Instructions are designed to provide the pet owner with detailed instructions regarding when to test and what action to take. These actions, dependent on results, can vary from monitoring at recommended intervals to contacting the veterinarian immediately with results.

The frequency of recommended monitoring will vary depending on:

- Clinical needs of the pet
- Current vs. desired level of glycemic control
- Pet owner preference and schedule
- Overall treatment goals for the pet

Recommendations will vary based on:

- Cat or dog
- Insulin type
- Veterinarian preference
- Pet owner assessment

Common monitoring frequency recommendations include:

- Periodic curves
- Once per week
- Two or three times per week
- Once or twice per day

The frequency of testing prescribed will influence the pet owner's ability to quickly detect changes in their pet's glycemic status and the veterinarian's ability to recommend modifications in therapy.

Curve Instructions:

- Follow the pet's normal routine
- Take the first blood sample at 7:30 AM, prior to feeding and insulin injection
- Feed the animal its normal diet
- Administer normal insulin injection
- Take blood sample every two hours with a minimum of seven samples

Blood Glucose Curve Data Collection

| | Blood Glucose Reading | Time of Glucose Test | Insulin Units/Type | Injection Time | Notes/Comments |
|-------------|-----------------------|----------------------|--------------------|----------------|----------------|
| 1st Reading | 392 | 7:28 AM | 6 IU Insulin | 8:00 AM | Ate all food |
| 2nd Reading | 297 | 9:30 AM | - | - | - |
| 3rd Reading | 211 | 11:45 AM | - | - | - |
| 4th Reading | 148 | 1:30 PM | - | - | 20 minute walk |
| 5th Reading | 121 | 3:35 PM | - | - | - |
| 6th Reading | 139 | 5:30 PM | - | - | Ate all food |
| 7th Reading | 168 | 7:30 PM | - | - | - |

Note: The health information contained herein is provided for informational purposes only and is not intended to replace a discussion with a veterinarian. All decisions regarding patient care must be made with a veterinarian and unique characteristics of each patient should be considered.

Client Home Use Instructions *Examples*

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|--|--|--|--|--|
| When to test: <u>morning, pre-insulin</u> | | Test Frequency <u>1</u> time / <u>week</u> | | |
| Extremely Low below <u>80</u> mg/dL below <u>60</u> mg/dL | Low <u>81</u> to <u>99</u> mg/dL | Good Control <u>100</u> to <u>200</u> mg/dL | High <u>201</u> to <u>300</u> mg/dL | Extremely High above <u>301</u> mg/dL above <u>401</u> mg/dL |
| Action: Below 80 1. Do not give insulin 2. Give Karo syrup 3. Feed pet if able 4. Re-test in 15 minutes 5. If pet won't eat call veterinarian 6. If 80-100 and pet ate do not give insulin and observe pet 7. If >100 and pet ate meal give insulin 8. Re-test the next day, if <80 call vet Below 60 1. Do not give insulin 2. Give Karo Syrup 3. Feed pet if able 4. Call veterinarian 5. Test again in 15 minutes 6. If still <60 or pet unresponsive bring pet to vet | Action: 81 to 99 1. Feed pet 2. If normal meal consumed give insulin 3. If pet does not eat hold this insulin injection 4. Re-test pet in 30 minutes 5. If lower than previous reading call veterinarian 6. If above previous reading, and pet ate, give insulin 7. Re-test next day | Action: 100 to 200 1. Give insulin 2. Test again next week. | Action: 201 to 200 1. Give insulin 2. Observe pet for signs of PU/PD 3. Test pet next day 4. If >200 for two consecutive days call veterinarian 5. If between 100 to 200 test next week. | Action: Above 301 1. Give normal insulin dose 2. Observe pet for signs of PU/PD 3. Call veterinarian to discuss results 4. Test next day Above 401 1. Give normal insulin dose 2. Observe pet for signs of PU/PD 3. Call veterinarian to discuss results 4. Schedule appointment with vet |

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