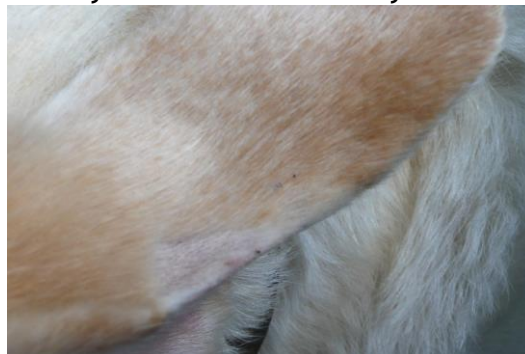


## How to do a glucose curve at home (from the ear)

### Before you start:

Give some thought to where you are going to do the testing - where is going to be the best place for your pet to sit/ stand so that you have easy access to everything that you need. You may need an assistant to hold the head steady, especially when you first do this.

Give food and insulin at the time that he/she normally eats and take your first reading of the day immediately before this. Then take readings at 2 hourly intervals. If your pet is receiving insulin twice daily, then 6 readings should be taken. If your pet only gets insulin once a day then ideally you need to take 12 readings on the day of the glucose curve. Usually everyone wants some sleep so we may leave out some night time readings - please discuss this with us/ with your own vet before you start.



The edge of the ear (more or less in the middle of the ear) should be hair free / hair should be cut short so that you can easily see the edge of the skin - you can just trim away any long hair so that you can see where you want to prick the ear. You can ask your vet to clip down the area for you. This way you don't have the risk of cutting into the ear margin and hurting your pet.

**DO NOT** do a curve if your pet has

- Been ill in the last week
- Missed a meal in the last 3 days
- Had a hypo in the last 3 days

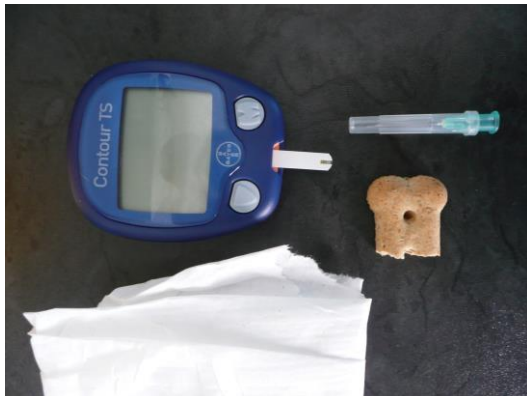
**Get all the stuff you need out:**

- Have your needle ready.
- Have a small piece of tissue ready to contain excess bleeding.
- Make sure that the Glucometer is ready by inserting the test strip into the machine. Don't push it in all the way just yet.

Have a treat ready - it needs to be given immediately after the test so that your pet associates testing with something pleasurable. It can be a toy, a tickle from you or a tiny piece of food - if you have to resort to food, it should be

- some of his breakfast OR
- treat that he gets EVERY day

Remember that it is important not to change how much or what food you give on the day of the curve because that WILL influence his / her insulin needs. If you change the routine then the curve will not tell you what is NORMALLY happening in your pet.



Here we have everything laid out



The glucometer strip is in the meter but not pushed in fully (you know this because the display is off)

Make sure that your pet is relaxed before you start.



Hold the side of the ear between your thumb and index finger (gently but firmly).

Press down with needle between your fingers so that you are poking the edge of the ear, i.e. the narrow bit.



Gently squeeze where you have pricked until you can see a small drop of blood.

Now press the test strip all the way into the Glucometer to switch it on.

Hold the test strip up to the ear and the Glucometer will automatically suck up your drop of blood. The blood drop needs to be just big enough to fill the Glucometer strip. The test strip has to be completely filled otherwise you will not have an accurate reading.



Hold a little piece of tissue over the pricked area if necessary to stop bleeding. Wait for the Glucometer to automatically count down and give you the reading.



Write the result on your spreadsheet. If the reading does not make sense, repeat it.

When you have finished your readings for the day, you can email the glucose curve results the following day to Dr Böhm - [marlies@wol.co.za](mailto:marlies@wol.co.za), fax to 086 665 4184 or alternatively call the practice and pass on your readings to Sue or Michele on 041 3654184.

**\*\* Please keep the used needle in a butter tub or plastic container in a safe place until you can take it to your vet or bring it to us. Please do not put it into your normal garbage bag. We don't want these dangerous items to go to the domestic refuse tip. We will ensure that it gets destroyed in the correct manner.**