

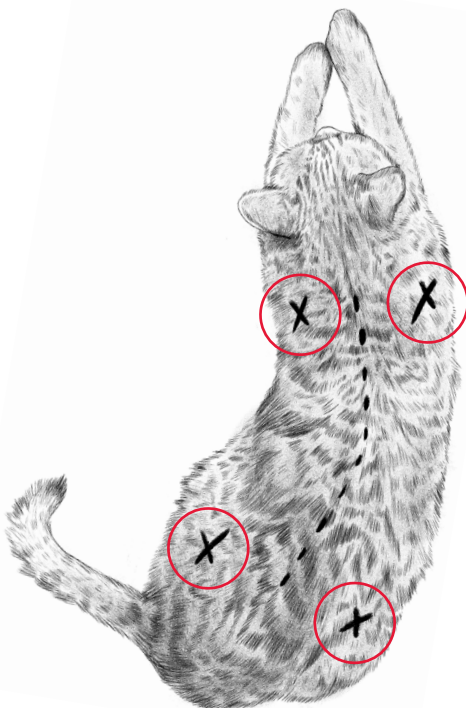
HOW TO ADMINISTER INSULIN TO YOUR CAT



Administering insulin is an important step in managing your cat's diabetes. Initially, giving your cat an insulin injection may seem intimidating or overwhelming, but over time, the process will become routine for both of you.

This guide will walk you through each step of the administration process. If you need additional help or support, please speak with a member of your veterinary team.

- 1** Unless otherwise directed by your veterinarian, feed your cat before giving insulin.
- 2** Prepare your cat's insulin according to your veterinarian's instructions.
- 3** Clean the rubber stopper on the bottle by wiping it with rubbing alcohol before inserting the syringe needle. Turn the insulin bottle upside down and draw up the prescribed amount in a new syringe.
- 4** Find a good location that works for you and your cat. Insulin injections should be given just under the skin. Many cats tolerate the injections well when given about one to two inches from the middle of the back, near the shoulder blade or hip bone. Be sure to alternate the location each time you give an injection to avoid soreness.
- 5** If necessary, ask someone to help you hold your cat. Some cats will hold still without being held if they are distracted with low-carbohydrate treats.



- 6 Hold the syringe in your dominant hand. For safety, and to keep from losing any of your cat's dose, do not place your finger on the plunger until the needle is in the skin.
- 7 Using your other hand, pinch a fold of skin into a tent and gently insert the needle into the center of the fold.
- 8 Once the needle is through the skin, gently push the plunger all the way down until the full dose has been administered.
- 9 Carefully remove the needle from the skin and safely dispose of the needle and syringe in a closed sharps or biohazard container.
- 10 Pat yourself on the back—you did it! Don't forget to reward your cat with something he likes, such as playtime, snuggles, or a low-carbohydrate treat.

Contact your veterinary team if:

- Your cat doesn't eat, eats less than normal, or vomits soon after eating.
- Your cat seems lethargic, wobbly, or sleepy prior to giving insulin.

Contact your physician if you accidentally inject yourself with your cat's insulin as it can lower your blood sugar as well.

