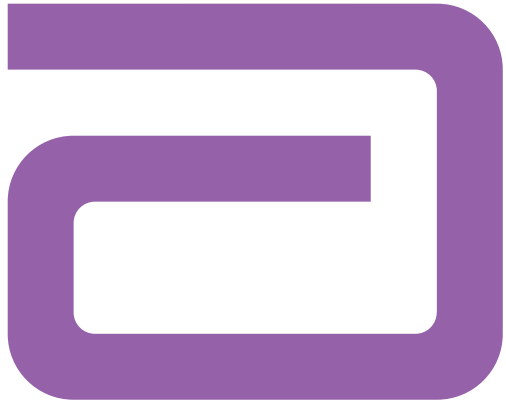


# The AlphaTRAK<sup>®</sup> Diabetes Diary



**AlphaTRAK<sup>®</sup>**  
BLOOD GLUCOSE  
MONITORING SYSTEM

AlphaTRAK is a portable blood glucose monitoring system validated and calibrated for dogs and cats.

 **Abbott**  
Animal Health

## Diabetic Daily Journal

Name: \_\_\_\_\_

Date Started: \_\_\_\_\_

Dr.: \_\_\_\_\_

Please schedule follow-up appointments for your dog or cat on/around the following date(s):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please have a veterinary professional fill out instructions for your dog's or cat's diabetes monitoring.



Please use this journal to keep track of your dog's or cat's diabetes protocol.

You have received detailed instructions from your veterinarian regarding your dog's or cat's home testing needs. Most diabetic patients could be managed at home with your veterinarian's treatment plan, consistent monitoring and by following these instructions. We are here to support you as you care for your diabetic patient. Please call your veterinarian if you have any questions or concerns about your pet.

**AlphaTRAK**<sup>®</sup>  
BLOOD GLUCOSE  
MONITORING SYSTEM

Your dog's or cat's daily testing should be performed in the morning and afternoon as follows:

1. Use glucose meter to test your dog's or cat's blood
2. Feed your dog or cat – record the amount eaten\*
3. Use your insulin chart to determine insulin dose\*
4. Administer appropriate insulin dose to your dog or cat\*



You should monitor your dog or cat for any unusual activity such as vomiting, diarrhea, depression, increased or reduced appetite, urination or thirst. If any of these occur, you should contact your veterinarian and update him/her on your pet's condition. Also, please note any changes in the comments section.

\*Your dog's or cat's glucose testing should be performed as instructed by a veterinary professional and may include these instructions.

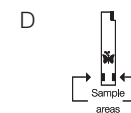
## Using the AlphaTRAK® Blood Glucose Diary

One of the best ways to help manage your dog's or cat's diabetes is to record its daily blood glucose levels in this diary. Your veterinarian has established an appropriate target blood glucose range for your pet. Recording your dog's or cat's blood glucose levels in this diary serves as a valuable tool to help ensure that the levels remain within the target range. Identifying any significant changes can help your veterinarian determine how to best adjust your dog's or cat's treatment protocol and reduce the risk of problems related to diabetes.

**AlphaTRAK®**  
BLOOD GLUCOSE  
MONITORING SYSTEM

## AlphaTRAK® Quick-Use Guide

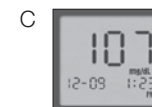
1. With the meter powered off, insert a test strip into the meter until it stops (*Image A*).  
*Note: The butterfly at the bottom of the strip should face up.*
2. Press and release the “m” button to power on the meter. As the device powers on, it will display a code. The code displayed MUST match the dog or cat code listed on the test strip vial (*Image B*). Change the code, if necessary, by pressing the “m” button to scroll down and the “c” button to scroll up.
3. Wait for the blood drop and test strip symbol to appear on the display (*Image C*). Obtain a blood sample from the animal.
4. Gently touch only ONE sample area of the test strip to the blood sample (*Image D*). Ensure the sample touches the thin side of the test strip in the black rectangular area (*Image E*). Capillary action will pull the sample into the test strip. The meter will beep once when it has obtained an adequate sample.
5. Wait for the result. The test is complete when the meter beeps twice and the test result is shown on the display screen (*Image F*).



The test strip acts like a sponge and pulls the blood into the strip through the sample area.



Sample area of test strip.



**AlphaTRAK®**  
BLOOD GLUCOSE  
MONITORING SYSTEM

**AlphaTRAK® Daily Journal**

Date	Time	Blood Glucose	Appetite	Units of Insulin	Time of Injection

**Comments:**

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**AlphaTRAK® Daily Journal**

Date	Time	Blood Glucose	Appetite	Units of Insulin	Time of Injection

**Comments:**

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**AlphaTRAK® Daily Journal**

Date	Time	Blood Glucose	Appetite	Units of Insulin	Time of Injection

**Comments:**

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**AlphaTRAK® Daily Journal**

Date	Time	Blood Glucose	Appetite	Units of Insulin	Time of Injection

**Comments:**

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Day of \_\_\_/\_\_\_/\_\_\_ AlphaTRAK® Blood Glucose Curve Data Collection

	Blood Glucose Reading	Time of Glucose Test	Insulin Units/Type	Injection Time	Notes/Comments
1st Reading					Diet:
					Exercise:
2nd Reading					Diet:
					Exercise:
3rd Reading					Diet:
					Exercise:
4th Reading					Diet:
					Exercise:
5th Reading					Diet:
					Exercise:
6th Reading					Diet:
					Exercise:
7th Reading					Diet:
					Exercise:

Day of \_\_\_/\_\_\_/\_\_\_ AlphaTRAK® Blood Glucose Curve Data Collection

	Blood Glucose Reading	Time of Glucose Test	Insulin Units/Type	Injection Time	Notes/Comments
1st Reading					Diet:
					Exercise:
2nd Reading					Diet:
					Exercise:
3rd Reading					Diet:
					Exercise:
4th Reading					Diet:
					Exercise:
5th Reading					Diet:
					Exercise:
6th Reading					Diet:
					Exercise:
7th Reading					Diet:
					Exercise:

Day of \_\_\_/\_\_\_/\_\_\_ AlphaTRAK® Blood Glucose Curve Data Collection

	Blood Glucose Reading	Time of Glucose Test	Insulin Units/Type	Injection Time	Notes/Comments
1st Reading					Diet:
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					Exercise:
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4th Reading					Diet:
					Exercise:
5th Reading					Diet:
					Exercise:
6th Reading					Diet:
					Exercise:
7th Reading					Diet:
					Exercise:

Day of \_\_\_/\_\_\_/\_\_\_ AlphaTRAK® Blood Glucose Curve Data Collection

	Blood Glucose Reading	Time of Glucose Test	Insulin Units/Type	Injection Time	Notes/Comments
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					Exercise:
3rd Reading					Diet:
					Exercise:
4th Reading					Diet:
					Exercise:
5th Reading					Diet:
					Exercise:
6th Reading					Diet:
					Exercise:
7th Reading					Diet:
					Exercise:

Owner's Name \_\_\_\_\_ Pet's Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Telephone \_\_\_\_\_

**In case of an emergency call:**

Name \_\_\_\_\_  
Telephone \_\_\_\_\_  
Veterinarian's Name \_\_\_\_\_  
Telephone \_\_\_\_\_  
Hospital \_\_\_\_\_



For additional information, please contact Abbott  
Animal Health customer service at 888-299-7416.

[www.AlphaTRAKmeter.com](http://www.AlphaTRAKmeter.com)

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