

## How to perform a blood glucose test

Find peace of mind knowing you're providing the best care for your cat or dog with an at-home testing monitor that's trusted and used by vets<sup>1</sup>.

- Requires a very small blood sample size (0.3 ul)
- Test strip turns meter on automatically
- Test strips are designed for fast wicking
- Results are ready in seconds



Before you get started, please follow the AlphaTrak 3 meter setup instructions provided in the Quick User's Guide.

### Step 1: Gather all supplies to perform a test

- AlphaTrak 3 Meter
- Lancet device and lancets
- AlphaTrak 3 Test Strips
- Optional: Vaseline (to help blood form droplets)
- Gauze or tissue

### Step 2: Prepare lancet

Insert a new lancet into a lancing device, push until it comes to a complete stop, and replace the white cap.

For more information, please read the AlphaTrak3 Quick User's Guide or watch our instructional videos on [alphatrak.com](http://alphatrak.com) and YouTube.



*Adjust lancing device depth by rotating the wheel: 1 is the shallowest, 6 is the deepest.*

### Step 3: Insert test strip into meter

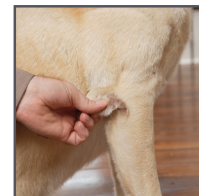
Turn the meter on by inserting a test strip with the arrow on the test strip facing up and pointing to the meter. Confirm that the code on the meter matches the species code on the test strip vial. To change the species, press and hold "c" and at the same time press "m".



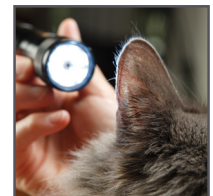
### Step 4: Select a testing site

#### Dogs:

- Elbow callus
- Marginal ear vein
- Side of the paw pad
- Inside of upper lip



Elbow callus



Marginal ear vein

#### Cats:

- Marginal ear vein
- Side of the paw pad



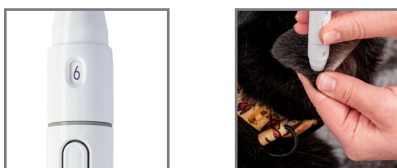
Side of the paw pad



Inside of upper lip

### Step 5: Obtain sample

Using the lancing device, extract a small amount of blood from the selected testing site.



### Step 6: Add blood sample to test strip

With the meter, touch front edge of the test strip to the blood drop **until you hear a beep**. Moving lines on the meter display to indicate it is working.



### Step 7: Read results

Results appear within 5 seconds. Discard used test strip and lancet.

Please take care to discard used test strip and lancet in sharps container or biohazard.



## TIPS FOR A SUCCESSFUL BLOOD GLUCOSE TEST

### Performing a control solution test:

A control solution test should be performed with every new pack of strips, to confirm that the meter and test strips are working properly, or to verify unexpected results.

- Check the expiration date of control solution and test strip.
- Insert test strip into meter to turn it on.
- Set the correct species code by pressing and holding “c”, and then at the same time press “m”.
- Select the control test setting by pressing “c” to for 3 seconds **until you see the control solution bottle icon** on the display.

### Failure to select the correct setting will produce inaccurate results.

- Apply control solution to the front edge of the test strip.
- Compare the control solution result to the test range printed on the test strip vial.

### USE THE SAME SITE EACH TIME

This helps to ensure consistent results. If the testing site gets irritated or if you are having a hard time collecting a sample, use an alternate site. It is good to find at least two sample sites.

### PREPARE THE LOCATION

Pick a well-lit place where both you and your pet are comfortable. You may wish to gather petroleum jelly to help the blood drop form, and some tissue or gauze for lancing and cleanup.

### FAMILIARIZE YOUR PET WITH THE SOUND OF THE LANCING DEVICE

To help avoid startling your pet, hold the device close to its ear and press the button a few times before performing the test the first time.

### PREPARE THE TESTING SITE

- If you choose the marginal ear vein as the testing site, a flashlight may help to see the vein better. Place a gauze or a cotton ball behind the ear to make a firmer testing surface.
- If you choose the paw pad as the testing site, select an area on the side of the paw that your pet does not step on.
- Avoid squeezing or pinching the sampling site.
- To increase blood flow to the testing site, warm the area. Prior to lancing, gently rub the area or hold a warm cloth against the area for a few seconds. You can also make a warming pad by putting dry rice in a bag or sock and warming in the microwave for 20-30 seconds, and hold it against the testing site for a few seconds. If using a wet cloth, place the cloth inside a plastic bag to avoid diluting the sample.
- To help the blood form into a droplet, apply a very thin layer of petroleum jelly to sample site before lancing.

### LANCING DEVICE SETTING

We recommend starting with the deepest setting (“6” on the lancing device) on the first attempt to draw blood. Then, if your pet bleeds easily, you can dial the depth back.

Once the test is complete, apply gentle pressure to the test site with gauze or a cotton ball to stop the bleeding, if needed.

### REWARD

You may want to give your pet a diabetes-friendly reward after you are done with the test.

### EASILY SAVE AND SHARE DATA

Use the AlphaTrak 3 app to automatically track, review and graph glucose results, record you pet’s daily activities, setup reminders and share data with your vet.

For more information, download the electronic AlphaTrak3 User Guide at [www.alphatrak.com](http://www.alphatrak.com) or access via the AlphaTrak mobile App.

Visit the AlphaTrak website or AlphaTrak YouTube channel for access to all AlphaTrak resources, including How-To videos, Diabetes resources, and the Bluetooth setup guide.

