

Interstitial glucose monitor information for owners

What is an interstitial glucose monitor?

Your pet has been fitted with a device to continuously monitor blood glucose during normal daily activity. This can help us to identify patterns in blood glucose throughout the day and help us to make decisions regarding insulin dosing and feeding and to identify problems.

The monitor is a white, circular device which collects readings every 30 seconds and can store up to 8 hours of data. This data can be transferred to the reader (a black rectangular device with a touch screen) or a smartphone by wireless transfer, which permanently stores the information. The monitor can stay in place for up to two weeks. Once the monitor is removed, the data can be uploaded at the hospital using software and we can perform further analysis and make recommendations.

Monitoring is very safe and can be less invasive than repeated blood sampling. A small square of hair needs to be clipped on the back of the neck. Some pets can have a small area of skin irritation after removal of the monitor, this usually resolves quickly without the need for treatment.

How is it attached?

The monitor is attached to an adhesive disk which sticks directly to your pet's skin. Because the monitors are designed for human use, sometimes they bond less securely to animals and we will add a small amount of tissue glue.

The monitor can still become dislodged by physical trauma (by the pet rolling or scratching) and should be kept covered with the protective bandage supplied at all times. If the monitor becomes displaced it can be replaced (further costs may be applicable). Please keep the monitor clean and dry.

What do I need to do?

If using the reader - to take a reading, press the button in the bottom right corner of the screen. Pass the reader over the monitor. If a reading is successfully collected, the monitor will emit a 'beep' and the reading will be displayed on screen. If this does not happen, repeat the reading.

If using your smartphone – download the 'FreeStyle Libre Link – UK' app. Open the app and select 'check glucose.' Pass your phone over the reader, it should indicate a reading has been collected.

Try and remember to take a reading every 8 hours. If you miss a reading, collect one as soon as possible. There will be a small gap in your pet's curve, provided this is small and happens infrequently this is not a problem.

While your pet is wearing the monitor, try and record any significant events on the provided diary sheet. This may include insulin administration, mealtimes, exercise or any strange behaviour you notice in your pet (i.e. weakness, seizures). The aim of monitoring is to provide an idea of what happens to your pet's blood glucose on a normal day, so treat them as normally as possible. It is perfectly normal to see changes in the glucose curve from day to day, do not worry about this or be tempted to change your pet's insulin dose or feeding pattern (unless instructed otherwise).

Please return the monitor, reader (if used) and any notes you have made at the prearranged appointment. We will normally be able to analyse the data within 48 hours and discuss a treatment plan with you. If the reader is not returned or damaged, we will not be able to collect the data required and a charge for a replacement unit will be applicable.

If you have any problems during the recording, please do not hesitate to call us and we can help guide you on what to do.