



The Diabetic Pet Starter Checklist

Everything you need in your first week — for owners of newly diagnosed diabetic dogs and cats.

A diabetes diagnosis feels overwhelming on day one — but it is manageable, and a little preparation removes most of the chaos. Print this out, tick off each item as you go, and keep it somewhere handy. You don't need everything at once, and your vet supplies the insulin. The rest is about building a calm, consistent routine.

1. Monitoring

- A **pet-calibrated glucose meter** (or a continuous glucose monitor, if your vet suggests one)
- Test strips that match your meter
- Lancets or a lancing device
- Cotton wool and a small treat jar for after each test

Tip: pet blood carries glucose differently to human blood — a meter made for dogs and cats reads more accurately.

2. Medication handling

- The right **syringes or pen needles** for your vet's prescription
- A **sharps bin** for safe needle disposal
- A dedicated spot in the fridge for the insulin (main body, not the door)
- An insulated cool bag for trips to the vet or travel

Tip: roll insulin gently to mix — never shake hard, which can damage it.

3. Feeding

- A consistent, suitable diet agreed with your vet (same food, same amounts, same times)
- A kitchen scale or measuring scoop for exact, repeatable portions
- Low-sugar, low-carb treats

Tip: any diet change alters insulin needs — plan it with your vet, never switch suddenly.

4. The hypo safety kit (please don't skip this)

- A tube of **honey or glucose syrup**, kept somewhere obvious
- Your vet's phone number saved and written down
- The nearest **out-of-hours emergency clinic** number saved

■ If you see the signs of low blood sugar (a hypo)

Weakness, wobbliness, trembling, confusion, or collapse. **If your pet is conscious, rub honey or glucose syrup on the gums and contact your vet immediately.** If your pet is unconscious or seizing, do not put anything in the mouth — go straight to the vet.

5. Organisation & routine

- A supplies caddy or box to keep everything in one place
- A way to log every reading, dose and meal (a notebook — or the Mello app, launching 2026)
- A simple daily routine: insulin and meals at the **same times every day**
- A note of anything unusual — an off day, a missed meal, a long walk

The one rule to remember

Never give a second dose to 'make up' for a missed or uncertain one. Too much insulin is far more dangerous than too little. If in doubt, skip and ask your vet.

Take these questions to your first vet visit

- Which insulin, what dose, and exactly when?
- Can you show me how to store, mix and inject it?
- What and when should I feed?
- How and how often should I monitor at home?
- What does a hypo look like, and what do I do?
- When should I call you — and who do I call out of hours?

You've got this.

Mello was built by pet parents who've been exactly where you are. We're building a community to help diabetic dogs and cats live long, happy lives — and we'd love your input. Join us at mello.vet.