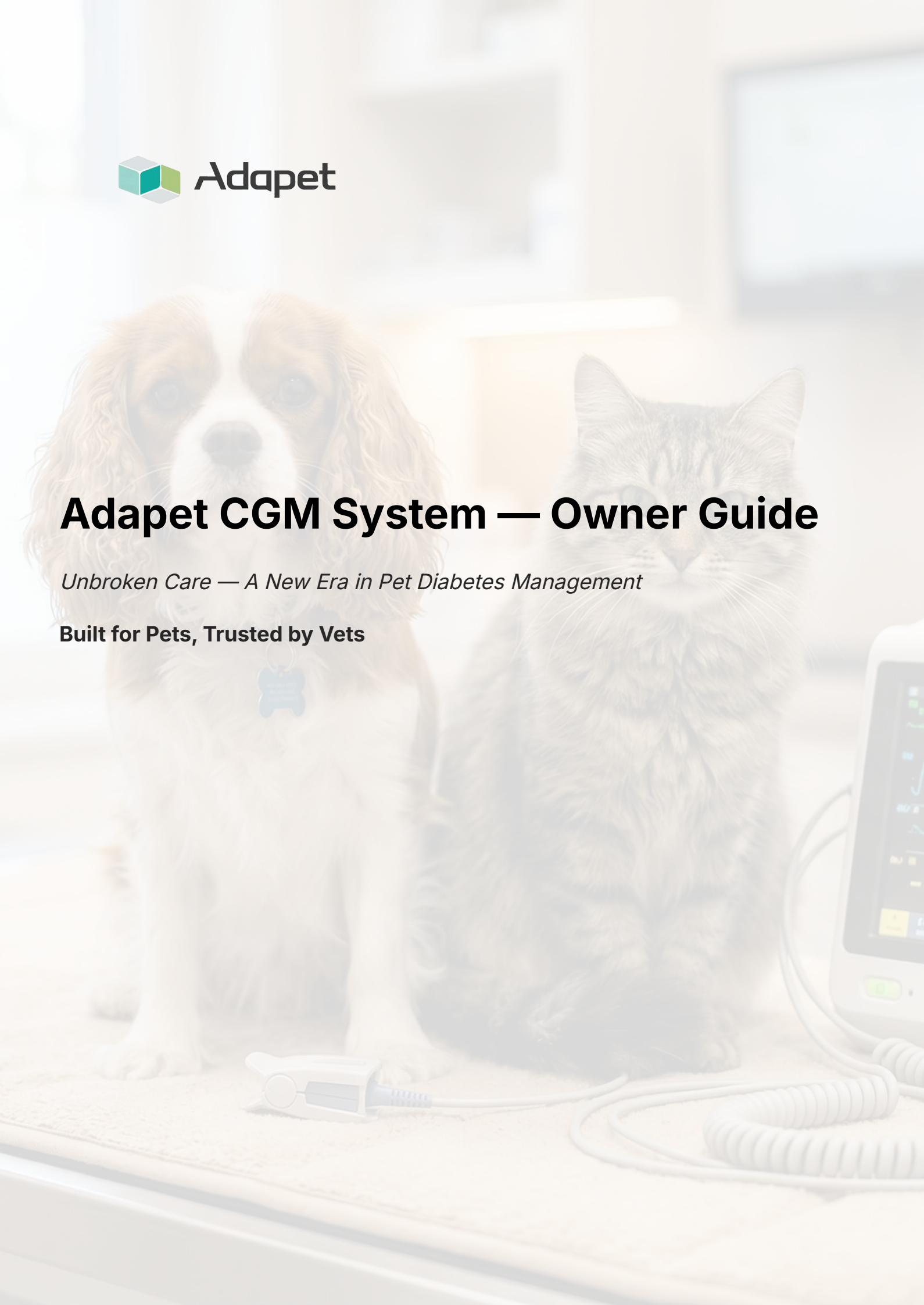

Adapet CGM System — Owner Guide

Unbroken Care — A New Era in Pet Diabetes Management

Built for Pets, Trusted by Vets

Table of Contents

Understanding Pet Diabetes and the Adapet CGM

What is Pet Diabetes?

Diabetes mellitus (DM) is a condition where your pet's body cannot properly regulate blood glucose (sugar) due to insufficient insulin production or response, leading to persistently high glucose levels.

Common Signs

- Increased thirst and frequent urination
- Increased appetite despite weight loss
- Lethargy or reduced energy
- Dogs: may develop cataracts over time
- Cats: may show difficulty jumping or a plantigrade stance (walking on hocks)

Blood Glucose Goals — Dogs

- Target range: **80–200 mg/dL**
- Below 80 mg/dL = **Hypoglycemia (low)**
- Above 250 mg/dL = **Hyperglycemia (high)**

Blood Glucose Goals — Cats

- Target range: **100–300 mg/dL**
- Below 80 mg/dL = **Hypoglycemia (low)**
- Above 300 mg/dL = **Hyperglycemia (high)**

CHAPTER 1

What is the Adapet CGM?

The Adapet CGM is a small sensor device attached to your pet that continuously monitors blood glucose levels every few minutes and wirelessly transmits real-time data to the Adapet CGM app on your smartphone.

Real-Time Readings

Real-time glucose readings sent to your phone via Bluetooth

Veterinary Web Portal

Your vet can remotely view glucose trends and adjust treatment

Color-Coded Indicators

Helps you recognize glucose status at a glance and know when to contact your veterinarian

Factory-Calibrated

No manual blood calibration required

Benefits

- Early detection of dangerous glucose swings (hypo- or hyperglycemia)
- Fewer stressful vet visits through remote monitoring
- Support resources are available for daily care questions and technical help

CHAPTER 1

Your Role as a Pet Owner

- Administer insulin injections as prescribed (usually 1–2 times daily)
- Monitor the CGM app for alerts and trends at least 2–3 times daily
- Contact your veterinarian if alerts, symptoms, or trends concern you
- Maintain a consistent diet and feeding schedule
- Log events (meals, insulin, exercise, symptoms) in the app to support your vet

Your Team

You

Daily hands-on care and observation

Adapet App & Support

Daily monitoring, troubleshooting, and education

Your Veterinarian

Remote monitoring, treatment adjustments, and scheduled checkups

CHAPTER 2

Emergency Guide for Glucose Alerts

Hypoglycemia (Low Blood Glucose, <80 mg/dL)

Symptoms

- Lethargy, weakness, or stumbling
- Trembling or muscle twitching
- Unsteady gait or disorientation
- Strange behavior or glassy eyes
- Seizures or loss of consciousness (severe)

If Conscious

Feed a high-carbohydrate meal: 1–2 tsp corn syrup, a small amount of rice, or regular pet food. Check the CGM app to confirm low glucose. Contact your veterinarian for next steps before the next insulin decision.

If Unresponsive or Seizing

Rub 1–2 tsp corn syrup gently on the gums (0.125 mL/kg for small pets). Do **NOT** pour liquid into the mouth — risk of aspiration. Call your veterinarian or an emergency clinic immediately. If no response within 5 minutes, go to an emergency clinic without delay.

Important: Do NOT give insulin after a hypoglycemic episode without veterinary guidance. Always confirm recovery with a follow-up CGM reading before resuming the normal schedule.

CHAPTER 2

Hyperglycemia & The Somogyi Phenomenon

Hyperglycemia (High Blood Glucose, >250 mg/dL)

Symptoms

- Increased thirst and frequent urination
- Lethargy, poor appetite, or vomiting
- Fruity or sweet breath odor (possible sign of ketones)

Actions

- Check the CGM app for trends and patterns
- Contact your veterinarian for guidance — your vet can view persistent readings via the web portal
- Do NOT increase insulin without explicit guidance, as this can trigger hypoglycemia
- If symptoms worsen or high readings persist >12 hours, contact your veterinarian or an emergency clinic

When to Seek Emergency Care

- Vomiting combined with high glucose (possible DKA — see Chapter 7)
- Extreme lethargy or refusal to move
- High glucose >400 mg/dL that does not respond to guidance within a few hours

The Somogyi Phenomenon (Rebound Hyperglycemia)

Too much insulin causes a sudden glucose drop below 60 mg/dL, triggering a hormonal counter-response (cortisol, epinephrine) that spikes glucose above 250 mg/dL. This is often mistaken for simple hyperglycemia.

How to Identify on CGM

A sharp glucose drop followed by a rapid rise within hours, often overnight. The characteristic 'drop-spike' pattern visible on the trend graph.

Actions

Treat the low glucose first. Contact your veterinarian, who may reduce the insulin dose (e.g., by 10–50% in dogs, 0.5–1 unit in cats). Do NOT give insulin until your veterinarian advises, to prevent further swings.

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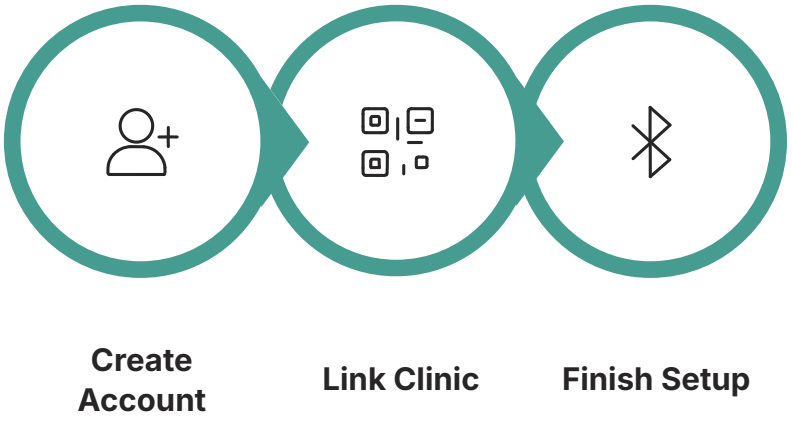
CHAPTER 3

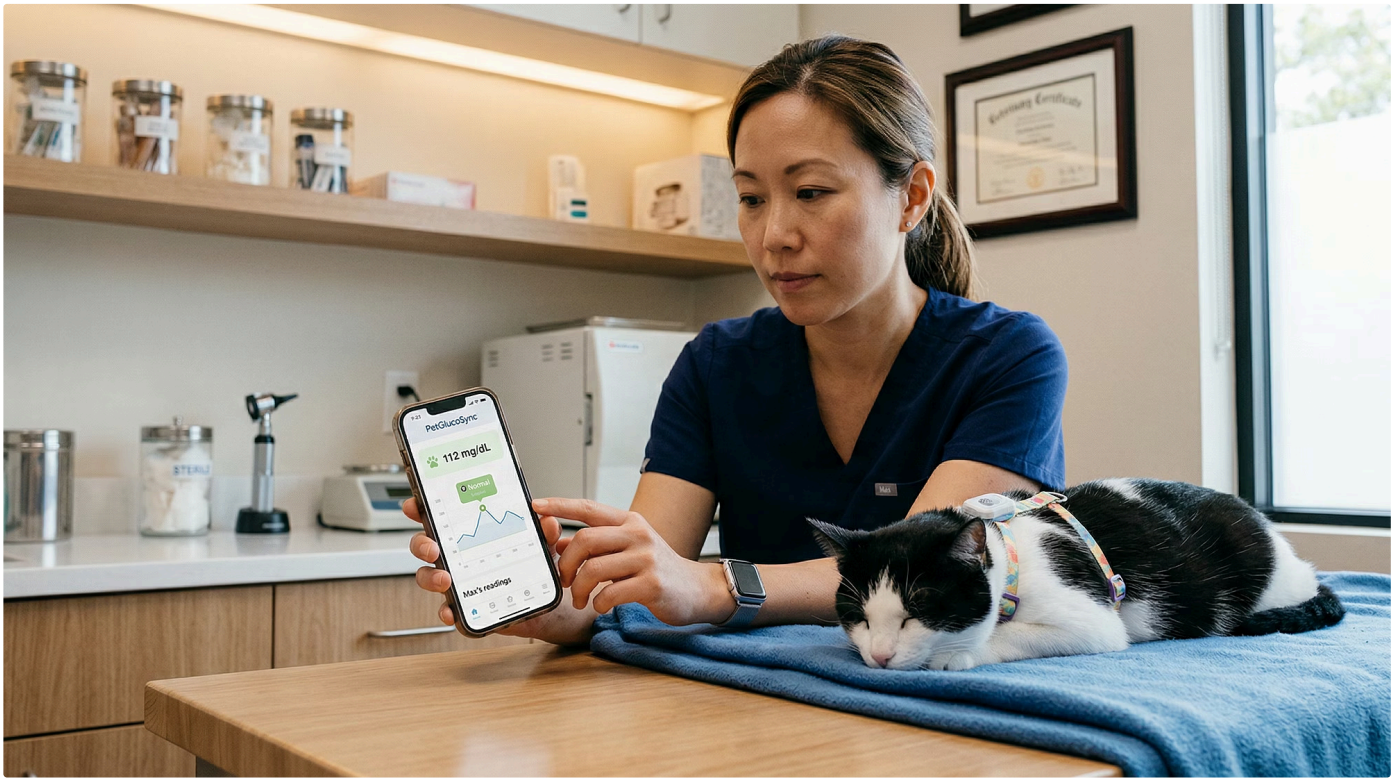
Using the Adapet CGM App

Getting Access to the App



After your veterinarian applied Adapet, create your account and download the Adapet mobile app on iOS or Android. After applied, your clinic can provide a Vet QR code or Vet ID so you can link the app to the clinic. The basic setup process takes about 5 minutes. Follow the on-screen prompts, keep Bluetooth enabled, and allow notifications so alerts can reach you.

Important boundary: The app supports home monitoring, communication, and daily observation. Medical treatment decisions still belong to your veterinarian. Depending on your clinic's workflow, product setup may be completed in clinic or at home under veterinary guidance.



CHAPTER 3

What You Can Do in the App & Daily Best Practices

What You Can Do in the App

- Check your pet's glucose status and review trend history to understand patterns over time
- Use color-coded indicators to understand whether readings appear in a safer range or need closer attention
- Receive alerts and notifications when intervention may be needed, including low or high glucose concerns
- Manage multiple pets in the same account — each pet has a separate profile, dashboard, and data history
- Grant access to multiple veterinary professionals when needed, such as your regular clinic and a specialist

How to Use the App Well Each Day

- Check the app daily and pay extra attention around meals, insulin, and any change in routine or behavior
- Log helpful context such as meals, insulin, symptoms, and behavior changes — patterns are more useful when paired with context
- Keep the app updated; if something looks wrong, first restart the app and make sure you are using the latest version
- Do not change insulin dose, insulin type, feeding schedule, or diet based on app data alone — contact your veterinarian first
- If the reading and your pet's condition do not match, or if your pet seems unwell, call your veterinary team rather than relying on the app alone

Support and Shared Care

Your veterinarian can review data remotely through the Adapet platform and use trend information during follow-up care. If you are having technical issues with the app, first restart it and confirm you have the latest version installed. If the problem continues, contact Adapet support by phone at **1-888-444-2618**, by email at **info@adapetmedical.com**, or through live chat. Support resources include user guides, FAQs, troubleshooting materials, and downloadable documents for offline reference.

CHAPTER 4

Daily Diabetes Management and Resources

Daily Management Tips (AAHA Guidelines)

Insulin Administration

- Use the correct syringe: U-40 for Vetsulin, U-100 for glargine or ProZinc
- Give insulin at consistent times, usually every 12 hours, ideally after a meal
- Store insulin correctly: refrigerate glargine; gently roll (do not shake) Vetsulin until milky
- If your pet skips a meal or vomits before an injection, contact your veterinarian before proceeding

Diet

- Feed a consistent, vet-recommended diet at the same times daily
- Avoid unapproved treats or table scraps that may cause glucose spikes
- Cats: a high-protein, low-carbohydrate diet may support diabetic remission

Monitoring

- Check the CGM app for alerts and trends at least 2–3 times daily
- Test urine weekly for glucose or ketones using vet-approved dipstick strips
- Your vet monitors CGM data remotely via the web portal

Exercise

- Maintain a consistent exercise routine and avoid sudden intense activity
- Physical activity lowers blood glucose — check the CGM before and after exercise
- If glucose is below 150 mg/dL before planned exercise, contact your veterinarian first

CHAPTER 4

Long-Term Care, Resources & Encouragement

Long-Term Care

- Initial checkups are often frequent (every 1–2 weeks), then spaced to every 1–3 months once stable
- Monitor for long-term complications: cataracts in dogs; neuropathy (weakness in hind legs) in cats
- Cats may achieve full diabetic remission with tight glucose control — see Chapter 11 for monitoring guidance

Resources

AAHA Diabetes Resource Center

www.aaha.org

Adapet Support

www.adapet.ai/site/support/
info@adapetmedical.com
1-888-444-2618

Emergency Contacts

Save your vet's number and a local emergency clinic number in your phone

Pet Diabetes Tracker

App for supplementary daily logging

> Managing a diabetic pet may feel overwhelming at first, but thousands of pets live full, happy lives with diabetes. Your veterinarian's remote monitoring and Adapet support resources mean you are not navigating this alone. With your daily commitment, your pet can thrive.

CHAPTER 5

Insulin Injection — Step-by-Step Guide

Insulin injections are typically given subcutaneously (under the skin). Your vet will prescribe the specific type, dose, and timing. This chapter provides a practical reference for daily administration.

Supplies You Will Need

- Insulin vial (as prescribed — check type carefully: Vetsulin, glargine, ProZinc, or other)
- Correct syringes: U-40 syringes for Vetsulin; U-100 syringes for glargine and ProZinc
- Alcohol wipes
- Sharps disposal container

1 Prepare the insulin

Gently roll Vetsulin until uniformly milky; do not shake glargine. Check the expiry date and appearance. Do not use cloudy glargine or clumped insulin.

2 Draw the dose

Wipe the vial top with an alcohol wipe. Pull back the syringe plunger to the prescribed number of units, insert the needle into the vial, inject air, then draw up insulin slowly.

3 Check for air bubbles

Hold the syringe upright, flick gently, and push out any bubbles. Confirm the dose is exact.

4 Choose the injection site

Rotate between the lateral neck, scruff, and sides of the chest. Avoid previous injection spots to prevent lumps (lipodystrophy).

5 Pinch the skin

Gently tent the skin and fat between two fingers. Insert the needle at a 45-degree angle into the tent.

6 Inject slowly

Push the plunger fully, count to 3, then withdraw the needle smoothly. Do not rub the injection site.

7 Dispose safely

Place the used needle and syringe directly into your sharps container. Never recap or reuse needles.

8 Log in the app

Record the dose, time, and injection site in the event log.

CHAPTER 5

Common Injection Scenarios & What Never to Do

Situation	What to Do
Pet did not eat before injection	Contact your veterinarian before giving insulin — do not inject without guidance
You may have given a double dose	Do not give another dose; monitor closely and contact your veterinarian immediately
You are unsure if injection went through skin	Do not re-inject; monitor CGM closely for the next 2–3 hours and contact your veterinarian
Pet bit or moved during injection	Check CGM trends; if glucose remains high after 3–4 hours, contact your veterinarian

Never Do the Following

Do **NOT** increase the dose on your own because glucose is high.

Do **NOT** use a different insulin type unless your vet has specifically changed the prescription.

Do **NOT** share insulin or syringes between pets.

CHAPTER 6

Recognizing and Responding to DKA

Diabetic Ketoacidosis (DKA) is a life-threatening complication that occurs when the body, lacking sufficient insulin, breaks down fat for energy and produces toxic acidic byproducts called ketones. **DKA is a veterinary emergency.**

Warning Signs of DKA

EMERGENCY — Go to a Vet Immediately if You See These Signs

Breath Odor

Sweet, fruity, or acetone-like (nail polish remover) breath odor

Vomiting

Persistent vomiting that will not stop

Extreme Lethargy

Collapse — pet cannot stand or lift its head

Breathing

Rapid, labored, or deep breathing

No Appetite

Loss of appetite for more than 24 hours in a diabetic pet

Abdominal Pain

Hunched posture, reluctance to be touched

Dehydration

Skin tent does not spring back; dry, tacky gums

CHAPTER 6

DKA: Risk Factors, What to Do & Ketone Testing

Risk Factors

- Uncontrolled or undiagnosed diabetes
- Missed insulin doses over multiple days
- Concurrent illness, infection, or surgery
- Prolonged vomiting preventing food and insulin routine

What to Do

1. Do not give insulin — DKA requires IV fluids and hospitalized treatment.
2. Call your veterinary clinic or emergency animal hospital immediately and describe the symptoms in detail.
3. Call your veterinary clinic or emergency animal hospital right away.
4. Transport your pet calmly and quickly. Bring your insulin, the CGM device, and a list of current medications.

At-Home Ketone Testing

Test Weekly

Test urine weekly using vet-approved ketone dipstick strips

Trace Ketones

Contact your vet for advice on next steps

Moderate to High

Treat as an emergency and go to the vet immediately

Vomiting + Ketones

If your pet is vomiting and you detect any ketones, do not wait — go to the emergency clinic

CHAPTER 7

Understanding CGM Data and Its Limitations

The Adapet CGM is highly accurate, but understanding how it works helps you interpret readings correctly and avoid unnecessary concern or dangerous misjudgments.

How the CGM Measures Glucose

- The CGM measures glucose in interstitial fluid (the fluid between tissue cells), not directly in the bloodstream
- Interstitial glucose closely reflects blood glucose but with a physiological lag of approximately 5–15 minutes
- This means CGM readings may appear lower than actual blood glucose when glucose is rising rapidly, and higher when it is falling rapidly

When Readings May Be Less Accurate

Situation	What It Means
Glucose changing very rapidly (within 15 min of insulin)	CGM may lag behind actual blood glucose level
Sensor just applied (first 1–2 hours)	Readings stabilize after a brief warm-up period
Sensor site compressed (pet lying on it)	Temporarily inaccurate — move pet and recheck
Severe dehydration	Can affect accuracy; ensure pet stays hydrated

Trend Arrows — What They Mean

Arrow	Action
↑↑ Rising rapidly (>2 mg/dL per min)	Contact your veterinarian
↑ Rising slowly	Monitor closely
→ Stable	Continue normal routine
↓ Falling slowly	Monitor; check for symptoms
↓↓ Falling rapidly (>2 mg/dL per min)	Treat as potential hypoglycemia — act now

When to Cross-Check with a Blood Glucose Meter

- If CGM reading does not match how your pet is behaving (e.g., reading shows normal but pet seems lethargic)
- Before making any significant insulin dose decision, especially if reading is borderline
- When the sensor is in its first 2 hours after application
- Whenever you see a "Sensor Error" or intermittent readings

Remember: Always treat how your pet looks and feels first, not just the number on the screen. The CGM is a powerful tool, but your observation matters equally. When in doubt, contact your veterinarian.

CHAPTER 8

Managing Diabetes During Illness (Sick Day Rules)

When a diabetic pet becomes ill for any reason — an infection, gastrointestinal upset, respiratory illness, or any other condition — their blood glucose can become highly unstable and unpredictable. Illness often increases insulin resistance and significantly raises glucose levels, even if the pet is not eating.

Why Illness is More Complicated for Diabetic Pets

> Stress hormones released during illness (cortisol, glucagon) actively raise blood glucose

> Reduced food intake may increase hypoglycemia risk if insulin dose is unchanged

> Vomiting prevents the usual food-insulin routine from functioning safely

> Infections (urinary tract, dental, skin) are particularly common triggers of glucose instability in diabetic pets

Sick Day Rules — Step by Step

1 Increase CGM monitoring

Check the app every 2–4 hours instead of 2–3 times daily.

2 Do NOT skip insulin automatically

Even if your pet is not eating, some insulin is usually still needed. Contact your veterinarian before every injection.

3 Check for ketones

Test urine once or twice daily when your pet is sick. Any positive result should prompt a vet call.

4 Encourage small, frequent meals

If your pet has no appetite, offer a small amount of bland food (boiled chicken, rice) every few hours.

5 Keep your vet informed

Notify your vet at the start of any illness lasting more than 24 hours or causing vomiting.

CHAPTER 8

When to Go to the Vet Immediately & Medications to Avoid

Go to the Vet Immediately If

Vomiting

Vomiting more than twice in 24 hours

Not Eating

Pet has not eaten anything in more than 24 hours

Persistent High Glucose

Glucose remains above 350 mg/dL for more than 6 hours despite illness management

Ketones Detected

Any ketones detected in urine

Signs of DKA

See Chapter 6

Rapid Deterioration

Your pet appears to be deteriorating rapidly

Medications to Avoid

Steroids (prednisone, dexamethasone): Powerfully raise blood glucose and can destabilize diabetes. Only use if prescribed by your vet with a concurrent insulin adjustment plan.

Megestrol acetate (in cats): Can trigger or worsen diabetes.

Always inform any treating vet that your pet is diabetic before any new medication is prescribed.

CHAPTER 9

Surgery, Anesthesia, and Glucose Management

Diabetic pets undergoing any surgical procedure or general anesthesia require special planning. Fasting, stress, and anesthetic agents all affect blood glucose in ways that differ from a normal day.

Before Surgery

- Always inform your surgical vet that your pet is diabetic and on insulin — ideally at the first consultation, not on the day of surgery
- Bring your pet's CGM device, insulin, and a recent glucose history report from the app to the pre-surgical appointment
- Discuss a specific insulin plan for the day before and the day of surgery with your vet in advance
- Schedule surgery as early in the morning as possible to minimize fasting time

Typical Day-of-Surgery Protocol

General Guidelines (Always Confirm with Your Vet)

- Feed a reduced or half meal the night before if recommended by your vet
- Give a reduced insulin dose the morning of surgery (typically 25–50% of normal dose) — only if your vet has specifically instructed this
- Do NOT give a full normal insulin dose before your pet has been seen by the surgical team
- Arrive at the scheduled time — late arrival may require rescheduling to avoid unsafe fasting durations

During and After Surgery

- The surgical team will monitor glucose throughout the procedure, typically every 1–2 hours
- Your pet's normal insulin routine can usually resume once they are eating again post-surgery
- Expect some glucose instability for 1–3 days post-surgery due to stress and healing
- Use the CGM to monitor closely during recovery and contact your vet if glucose remains outside target range

Important: Even routine procedures like dental cleaning require the same preparation for a diabetic pet. Elective surgeries should ideally be scheduled when your pet's diabetes is well-controlled.

CHAPTER 10

Multi-Caregiver Handoff and Travel Planning

Managing a diabetic pet is a team effort. Whether you are away from home overnight, traveling with your pet, or sharing care responsibilities with another family member, clear handoff protocols prevent dangerous errors.

Creating a Diabetes Care Card

Prepare a printed or digital care card that any caregiver can reference. Include:

- Pet's name, species, breed, weight, and diagnosis date
- Insulin type, dose, syringe type, and injection schedule
- Target glucose range and what to do if outside range
- Your vet's clinic name and phone number
- Nearest emergency veterinary clinic address and phone number
- Your phone number and a backup contact
- Adapet support contact information and your veterinary team's contact details
- Your vet's web portal login (if sharing access) or how to reach them via the app

Handoff Checklist — Before You Leave

→ Demonstrate insulin injection with the new caregiver watching

→ Confirm they have downloaded the Adapet CGM app

→ Walk through how to respond to a low/high alert

→ Ensure insulin and supplies are fully stocked

→ Leave emergency vet contact details visible

Daily Caregiver Responsibilities

- Give insulin at the scheduled times (never skip without veterinary guidance)
- Check CGM app 2–3 times daily and log meals and symptoms
- Contact you or the vet if anything unusual occurs
- Do not change diet or exercise routine without approval

CHAPTER 10

Traveling with Your Diabetic Pet

By Car

- Keep insulin in a cool bag or insulin travel case; avoid leaving it in a hot car
- Maintain feeding and injection schedule even if travel times shift your routine
- Pack at least 2 weeks of insulin and supplies for any trip

By Air

- Carry insulin and CGM device in your carry-on bag — never check them
- Bring a letter from your vet confirming your pet's diabetes diagnosis and insulin requirements
- Inform security that you are carrying insulin and a medical monitoring device
- Research emergency veterinary services at your destination before departure

Time Zone Changes

- For time differences of 3 hours or less, maintain your home schedule if possible
- For larger time differences, ask your vet for a transition plan before traveling
- Use the CGM to monitor closely and ask your veterinary team for guidance during the adjustment period

Boarding Your Pet

- Choose a boarding facility or pet sitter experienced with diabetic animals
- Provide a written care protocol, the Adapet CGM app login, and an emergency authorization letter
- Do a trial overnight stay before any long trip to confirm the caregiver is comfortable

CHAPTER 11

Feline Diabetic Remission — Monitoring After Recovery

Diabetic remission occurs when a previously diabetic cat no longer requires insulin injections to maintain normal blood glucose levels. This is a realistic and achievable outcome for many cats, particularly when diabetes is caught early and tightly managed.

What is Diabetic Remission?

Pancreatic Recovery

Remission means the cat's own pancreatic function has partially recovered, allowing it to regulate glucose without exogenous insulin

Remission Rates

Remission rates of **25–80%** have been reported in cats on appropriate diets and CGM-assisted tight glucose control

Best Outcomes

Remission is more likely when insulin is started promptly after diagnosis and glucose is kept consistently within target range

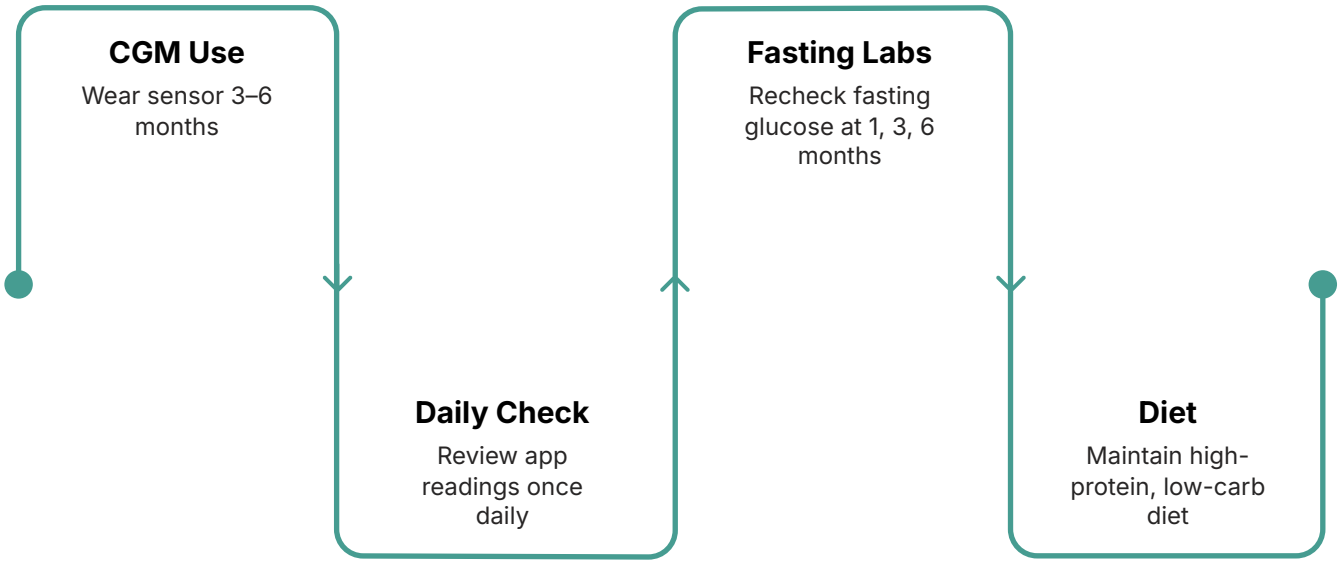
Signs That Remission May Be Occurring

- Glucose levels consistently falling into the normal range (below 150 mg/dL) or below target
- Recurring mild hypoglycemia requiring glucose supplementation
- Your vet may notice these trends on the CGM portal and proactively reduce the insulin dose

Important: Never stop insulin based on a single CGM reading or a few 'good' days. Premature insulin withdrawal is the most common cause of relapse. Your vet will guide a gradual insulin dose reduction process, using CGM data to confirm stable remission. Continue all CGM monitoring during the dose reduction period as instructed.

CHAPTER 11

Post-Remission Monitoring Plan



Continue wearing the CGM sensor for at least 3–6 months after insulin is discontinued. Check app readings at least once daily, even if glucose appears normal. Maintain the high-protein, low-carbohydrate diet that supported remission. Schedule a fasting glucose recheck with your vet at 1 month, 3 months, and 6 months post-remission.

Recognizing Relapse

Rising Glucose

Glucose rising above 250 mg/dL on multiple readings over 2–3 days

Classic Symptoms Return

Return of classic diabetic symptoms: increased thirst, urination, or weight loss

Act Immediately

Contact your vet immediately if you suspect relapse — restarting insulin promptly improves outcomes

> **Good News:** Even after relapse, many cats achieve a second remission with renewed commitment to glucose control and diet. The CGM's continuous data makes it possible to catch trends early and act before the situation becomes serious.

Your Partner in Unbroken Care

You Are Not Alone

Thousands of pets live full, happy lives with diabetes. Your daily commitment makes all the difference.

Adapet CGM App

Continuous monitoring, color-coded alerts, and trend history — always in your pocket.

Your Veterinary Team

Remote monitoring, treatment adjustments, and expert guidance whenever you need it.

Contact Adapet Support

🌐 Website

www.adapet.ai/site

📧 Email

info@adapetmedical.com

📞 Phone

1-888-444-2618

💬 Live Chat

Available via the Adapet support portal

Adapet CGM V Plus — Built for Pets, Trusted by Vets.