VetterCare
Expert Pet Care. At Home.



A FREE TRAVEL KIT FOR DIABETIC DOG PARENTS

You can still take the trip.

Our founders, Tony and Karen, spent three years postponing trips because they couldn't trust "just anyone" with their special-needs dachshunds. Insulin and meals on a schedule shouldn't mean you never leave home. This kit helps you hand off your dog's care with confidence, whoever is giving it.

1. Before-you-go checklist
2. Questions for your vet
3. Care handoff sheet
4. Insulin + meals log
5. Water, urination + energy notes
6. Low blood sugar plan
7. Signs to watch for

Every "what if" has a blank for your vet's answer.

General information to use with your veterinarian. Not medical advice.

STEP 1

Before you go

Start two weeks out. Most of this is one visit or call with your vet.

Two weeks out

- [ ] Ask your vet the questions on page 2 and write down their answers.
- [ ] Ask your vet for a written plan for low blood sugar, and copy it onto page 6. AAHA
- [ ] Check you have enough insulin and syringes or pens for the whole trip, plus extra in case plans change.
- [ ] **Match your syringe to your insulin.** Use U-40 syringes with U-40 insulin and U-100 syringes with U-100 insulin. The wrong one can give too little insulin or about 2.5 times too much, which can mean an emergency visit. Check with your vet's office before buying syringes online. AAHA; Cornell
- [ ] Check the insulin's expiration date, and ask your vet how long an open bottle can be used. AAHA; Cornell
- [ ] Ask your vet whether it's OK for your dog's caregiver to call them while you're away.

One week out

- [ ] Meet your dog's caregiver in person. Show them where the insulin, syringes, food, treats and sharps container are kept.
- [ ] Let them watch you give one injection, the way your dog is used to it.
- [ ] Find the nearest 24-hour emergency animal hospital and add it to the handoff sheet.

The day you leave

- [ ] Insulin in the fridge, away from heat and freezing, where your caregiver can see it. AAHA; Cornell
- [ ] Handoff sheet, logs and low blood sugar plan on the counter, with a pen.
- [ ] Meals measured out, or clear amounts written down. Treats listed, since they count too. AAHA

STEP 2 · BRING THIS TO YOUR VET

Questions for your vet

Every dog's plan is different. Write your vet's answer under each question, so your dog's caregiver has it in your vet's words.

1. Should my dog eat before insulin, or is this insulin not timed with meals? AAHA

2. If my dog eats less than half a meal, or skips a meal, what should happen with that insulin dose? AAHA; Cornell

3. If a dose is missed or late, what should happen?

4. How should this insulin be stored and mixed, and which syringe or pen goes with it? AAHA; Cornell

5. Which treats are OK, and how many? AAHA

6. How much exercise is right, and what about an extra-active day? AAHA; Cornell

7. What should be written down each day while I'm away? AAHA; Cornell

8. Is it OK for my dog's caregiver to call you? Who do they ask for?

9. When is our next recheck? Merck

Never give more insulin, or give it more often, without your vet's instructions. (AAHA)

STEP 3 · LEAVE THIS ON THE COUNTER

Care handoff sheet

Dog's name _____ Weight _____ Age _____

WHO TO CALL

Our vet _____ Phone _____

24-hour emergency hospital _____ Phone _____

My phone while I'm away _____ Backup contact _____

INSULIN, AS PRESCRIBED BY OUR VET

Insulin name _____ Given with ☐ syringe ☐ pen

Dose, exactly as prescribed _____ Times _____

Where it's kept _____ Mix it by ☐ gently rolling ☐ shaking

With meals, my vet says ☐ meal first, then insulin ☐ not timed with meals ☐ other _____

Sharps container is kept _____

MEALS, TREATS + WALKS

Food _____ Amount _____ Times _____

Treats allowed (which + how many) _____

Walks + exercise (when + how long) _____

Other medications, as prescribed _____

WHAT'S NORMAL FOR MY DOG

Usual energy, habits + quirks _____

_____

Mix the insulin the way its label and your vet say. Most insulins are gently rolled, not shaken; one type is shaken. Don't use insulin that looks clumpy, discolored or different from usual. (AAHA; Cornell)

STEP 4

Insulin + meals log

One line per meal. Your vet will want to see this when you're back.

Date		Meal time	How much eaten all · half+ · under half · none	Insulin time	Insulin given as prescribed ✓	Initials	Notes
	AM						
	PM						
	AM						
	PM						
	AM						
	PM						
	AM						
	PM						
	AM						
	PM						
	AM						
	PM						
	AM						
	PM						

What to track comes from Cornell's Riney Canine Health Center (insulin given, food, activity) and AAHA's guidelines. Print as many copies as your trip needs.

STEP 5 · ONCE A DAY

Water, urination + energy notes

A quick daily check. AAHA's guidelines look at drinking, urinating, appetite and weight to see how a diabetic dog is doing, so these notes help your vet.

Date	**Water** usual · more · less	**Urination** usual · more · accidents	**Energy** usual · low	**Walks + activity**	**Anything different** appetite, vomiting, behavior
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Weight, if checked _____ **Date** _____

AAHA 2026 Diabetes Management Guidelines for Dogs; Cornell Riney Canine Health Center. If something on this page worries you, call your vet.

STEP 6 · FILL THIS IN WITH YOUR VET

Low blood sugar plan

Low blood sugar can happen in dogs getting insulin. Ask your vet for a written plan now, so everyone knows what to do before it happens. AAHA

CALL YOUR VET OR AN EMERGENCY HOSPITAL RIGHT AWAY

- Low energy or unusual sleepiness
- Strange behavior
- Walking unsteadily
- Weakness
- Shaking or trembling
- Collapse
- Seizure

These can be signs of low blood sugar (hypoglycemia). Follow your vet's written plan below. Don't put your fingers in the mouth of a dog with low blood sugar. Even if your dog seems to recover, AAHA's guidelines say to take your dog to a veterinarian.

AAHA; Cornell

MY VET'S WRITTEN PLAN FOR LOW BLOOD SUGAR

Written by _____ Date _____

Our vet _____ Phone _____

Emergency hospital _____ Phone _____

STEP 7 · KEEP THIS ON THE FRIDGE

Signs to watch for

CALL YOUR VET OR AN EMERGENCY HOSPITAL RIGHT AWAY

Signs of low blood sugar. Follow your vet's plan on page 6.

- Low energy or unusual sleepiness
- Strange behavior
- Walking unsteadily
- Weakness
- Shaking or trembling
- Collapse
- Seizure

Seems unwell while diabetic. These can be signs of diabetic ketoacidosis (DKA), a life-threatening complication.

- Low energy
- Weakness
- Not eating
- Vomiting
- Seeming depressed
- Sweet-smelling breath

Doesn't eat at least half of two meals in a row.

AAHA; Cornell

TELL YOUR VET SOON IF YOU NOTICE

- Drinking more
- Urinating more
- Hungrier but losing weight
- Eating less
- Vision changes from cataracts
- Infections that keep coming back

AAHA; Cornell; Merck

If your pet is experiencing an emergency, contact your veterinarian or the nearest emergency animal hospital right away.

Our vet _____ Phone _____

Emergency hospital _____ Phone _____

Sources: AAHA, 2026 AAHA Diabetes Management Guidelines for Dogs · Cornell University Riney Canine Health Center, "Managing canine diabetes" · Merck Veterinary Manual, "Diabetes Mellitus in Dogs and Cats" · Texas A&M College of Veterinary Medicine, Pet Talk, "Managing Canine Diabetes".



GOING AWAY?

Let a veterinary professional give the insulin.

A VetterCare veterinary professional follows your vet's plan in your home: meals, insulin and medications, following your veterinarian's written instructions. Your dog stays home, in their routine, and you get photo updates while you're away.

Meet your veterinary professional in person before you leave, so you can walk through the routine together.

vettercare.com (844) 697-3871

Greater Phoenix · Tucson · Prescott · Dallas–Fort Worth

VetterCare gathers this information from published veterinary sources. It is general information, not veterinary advice, and doesn't replace an exam by your veterinarian. VetterCare veterinary professionals follow your veterinarian's instructions. If your pet is experiencing an emergency, contact your veterinarian or the nearest emergency animal hospital right away.

VetterCare