THE DIABETIC CAT

The Diabetic Cat Care Organizer

One calm, organized place for your cat's everyday care.

Track important information. Keep records together.
Prepare for vet visits. Coordinate care.



♡ *Helping you care for the cat you love, one day at a time.*

THEDIABETICCAT.COM

Contents

START HERE

Use the pages that fit your cat and your veterinary care plan.

OPENING

Getting Started

Welcome 2
How to Use Your Organizer 3
Understanding Feline Diabetes 4
What Changes After a Diabetes Diagnosis? 5
Your Veterinary Team Is Your Partner 6
What You Don't Have to Learn All at Once 7
A Note About Veterinary Care 8
Quick Start 9
Contents 10
Contents (continued) 11

SECTION 1

My Cat & Care Plan

My Cat at a Glance 12
Important Contacts 13
Health & Diagnosis Overview 14
Your Cat's Individual Care Plan 15
Current Medications, Supplements & Treatments 16
Keep Important Information Together 17
Veterinarian-Approved Diabetes Treatment Plan 18
Instructions for Unusual Situations 19
Questions When the Care Plan Changes 20
Our Daily Routine at a Glance 21

SECTION 2

Everyday Care

Everyday Care 22
Building a Daily Routine 23
Why Recording Right Away Matters 24
Sharing Care Without Confusion 25
Making Care Time Calmer 26
Daily Care Record · Morning 27
Daily Care Record · Evening 28
"Did I Give the Insulin?" Tracker 29
Medication Administration Record 30
Daily Notes & Changes 31

SECTION 3

Glucose & Monitoring

Blood Glucose Record 32
Glucose Monitoring in Plain Language 33
Why One Number Is Not the Whole Story 34
CGMs: What They Do and What You Record 35
What to Bring From Monitoring Records 36
Insulin Administration Record 37
CGM Sensor Record 38
Monitoring Notes for My Veterinarian 39
Diabetes Treatment Change History 40
Monitoring Summary 41

SECTION 4

Food, Water & Weight

My Cat's Feeding Plan 42
Why Appetite Matters 43
Drinking & Litter Box: What to Write 44
Why Weight Trends Can Be Useful 45
Food & Appetite Record 46
Drinking & Litter Box Observations 47
Weight Tracker 48

SECTION 5

Symptoms & Changes

Symptoms & Observations Log 49
Know Your Cat's Normal 50
Changes Worth Recording 51
How to Describe What You're Seeing 52
When Something Feels Urgent 53
Behavior & Routine Changes 54
Something Seems Different Today 55
Veterinary Contact Record 56

SAMPLE PREVIEW

Aa Worksheet or tracker *Aa* Helpful to Know guide Click any title or page number to jump there.

Contents (continued)

START HERE

SECTION 6

Veterinary Care & Health History

My Cat's Health History 57
Preparing for a Useful Vet Visit 58
Building a Useful Health History 59
Lab & Test Results: Record the Explanation 60
Lab & Test History 61
Before Your Vet Visit 62
Questions for My Veterinarian 63
Appointment Notes · Part 1 64
Appointment Notes · Part 2 65
Recommendations & Follow-Up 66
Care Plan Change Record 67
Appointments & Follow-Up Schedule 68

SECTION 7

Supplies

Supply Inventory 69
Setting Up a Care Station 70
Stay Ahead of Refills & Reorders 71
Storage: Follow Product Instructions 72
Supply Reorder Tracker 73
Expiration, Replacement & Storage 74
Monthly Supply Check 75

SECTION 8

Caregiver Coordination

Caregiver Quick Guide 76
Prepare a Backup Caregiver 77
A Clear Caregiver Handoff 78
Caregiver Daily Record 79
Notes for the Next Caregiver 80
Backup Caregiver Information & Plan 81

SECTION 9

Emergency Readiness & Travel

Emergency Information at a Glance 82
Home Emergency Readiness 83
At-Home Emergency Contact Plan 84
Keep Emergency Instructions Easy to Find 85
Emergency Supply & Backup Check 86
If You Cannot Get Home to Your Cat 87
Monthly Home Readiness Check 88
Emergency Information Cards 89
Where Everything Is Kept 90
Travel & Overnight Preparation 91

FOR YOU

The Human Behind the Care

A Note for the Human Behind the Care 92
Making the Routine Sustainable 93

SECTION 10

Review & Planning

Weekly Care Summary 94
Weekly Pattern Snapshot 95
Monthly Care Review 96
Long-Term Care Timeline 97
Next Month 98
What Works Best for My Cat 99
Things I Don't Want to Forget 100
Notes 101

SAMPLE PREVIEW

HELPFUL TO KNOW

START HERE

Understanding Feline Diabetes in Plain Language

A simple, calm explanation, without the medical textbook.



Diabetes affects how your cat's body manages **glucose**, which is the sugar in the blood that the body uses for energy. When that system isn't working well, your cat needs help, and that's where your veterinary team comes in.

The good news is that many cats with diabetes go on to live comfortable lives with the right care and support at home.

What's helpful to know

Every plan is individual

Your veterinarian creates a care plan for your cat. Another cat's plan may look very different, and that's normal.

Treatment can vary

Treatment may include insulin or another diabetes medication your veterinarian prescribes, along with a feeding plan.

SAMPLE PREVIEW

Monitoring can vary

Some cats are monitored at home, some with a sensor, and some through vet visits. Your veterinary team decides what fits.

Follow-up matters

Rechecks help your veterinary team see how your cat is doing and whether anything in the plan needs to change.

Your part matters, too

You see your cat every day. Your notes about eating, drinking, energy, and behavior help your veterinary team understand what's happening between visits.

Helpful to Know

You don't have to become a veterinarian. Your job isn't to interpret everything medically. Your job is to notice, record, organize, and communicate.

HELPFUL TO KNOW

Making Care Time Calmer for You and Your Cat

USE IF NEEDED

Small habits that can make daily care feel easier for both of you.

Cats notice our moods and routines. A calm, predictable approach can help care time feel more comfortable for your cat and less stressful for you.

1 Prepare before you begin

Have supplies ready before you bring your cat over, so you're not searching while they wait.

2 Keep it predictable

Use the same place and a similar order each time. Familiar routines can feel reassuring.

3 Stay calm and gentle

A quiet voice and a relaxed pace can help both of you settle.

4 Keep it short

Avoid making care time longer than it needs to be.

5 Use a positive reward

Use a reward your cat enjoys that fits their veterinarian-approved diet and care plan, like affection, play, or brushing.

6 Ask for help if it's hard

If handling becomes difficult, ask your veterinary team for guidance. They can help.

SAMPLE PREVIEW

Helpful to Know

Some cats adjust quickly and some need more time. Both are normal. Write down what seems to help on What Works Best for My Cat (page 99).

Important

Ask your veterinary team to show you how to give your cat's treatment safely. This Organizer doesn't teach treatment or handling techniques.

Daily Care Record · Morning

REUSABLE PAGE

One week of mornings on one page. Use the columns that fit your cat's care plan.

Week of: _____ Cat's name: _____

Day	Time	Food offered / eaten	Insulin / Diabetes Medication given · time · amount	Appetite good / less / none	Water & Litter anything different?	Notes
MON			☐ Given			
TUE			☐ Given			
WED			☐ Given			
THU			☐ Given			
FRI			☐ Given			
SAT			☐ Given			
SUN			☐ Given			

SAMPLE PREVIEW

Record it while it's fresh

Even a few words help you and your veterinary team see patterns over time. Write what actually happened, not what was planned.

Important

Follow your veterinarian's instructions for your cat. If you are ever unsure whether a dose was given, contact your veterinary team.