

## Welcome to our Home Testing Primer!

Basically, we've compiled all the links we know of with hints and tips and given some of our "pointers" to try and help others. We're in the process of creating a home testing video as well (we're a 2-person operation with a difficult cat, so it should be quite a contrast to Terry and Punkin's amazing laid-back cat video). Hopefully, with enough practice you'll find yourself more like Terry and less like me :)

If you scroll to the bottom of the page you'll see a pic of 2 Bayer Elite XL test strips, one not so full and one full. See our hints and tips for more info on filling the test strip.

### First, here's the links that helped us get to the almost always successful home testing stage:

[Janet and Binky's FDMB FAQ](#)

[Harry's Hometesting Pages](#)

[Sugarcat Simon's Hometesting Web Site](#)

[Terry and Punkin's Hometesting Video](#)

### Here's our facts:

- we use the Bayer Elite XL glucometer and BD ultra-fine lancets
- we've been home testing since October 2001 (after diagnosis in April 2001)...we started testing every preshot following our first hypo
- Gorb isn't keen on the tests and we need 2 people for it to work 99.9% of the time - our vet has us do all our curves at home as Gorb is a super vet stress cat

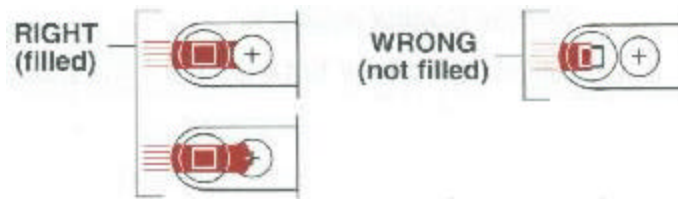
### Here's our tips:

- we squeeze a drop of vaseline out and smear it on Gorb's ear to make the blood well up better
- we warm the ear with a sock filled with basmati rice (in the microwave for 45 seconds)...Gorb is white so it is easy to watch for the ear to turn pink (meaning its toasty warm) - if you can't see the color of the ear change, warm the ear 'til its almost hot to the touch
- we poke between the outer edge of the ear and the vein running along the edge of the ear (again, easy to see 'cuz Gorb's white)
- we usually have to milk the ear a bit (squeeze gently) to get just the right amount of blood (the other times we usually get a gusher on our hands...and all over the kitchen counter)

- Gorb gets fed immediately after the BG test so when he's super rowdy, the "eyes on the prize" speech usually works to settle him down (food is always ready to go)
- we squeeze the ear gently for about 10 seconds after the test to help clotting and prevent bruising (before we did this Gorb looked like ants with stiletto heels had been dancing on his ears)
- don't get frustrated and give up, take your time and make sure that you're comfortable and relaxed with what you're doing (try aromatherapy candles and mood lighting LOL)
- the Elite XL that we use "sips" blood..this means you should hold the strip up to the blood and watch it absorb the necessary sample, do not try to coat the test strip with blood as it is not being absorbed
- the Elite XL beeps on a timing system, not necessarily when its got a good sample - for this reason we have the strip only halfway into the meter during the test, so we don't push it in and start the timer 'til we know we have enough blood
- Here's a pic of 2 Elite XL test strips - one full, one not (caution, sometimes the Elite will beep before its sipped enough blood, use these pictures as guidelines for what your test strip should look like)



- Here's an illustration from the Elite User's Guide that shows how far the strip should be filled.



- Here's a pic of 2 Accucheck Comfort Curve strips - one full, one not (thanks to Sally and Penny for these!)



### **Paw Testing Demystified!**

*Much thanks to Renee and Buzzy for sharing their tips - they've successfully paw tested for a long time and recommend trying it for kitties with "ear issues".*

- Paw testing isn't difficult as long as kitty doesn't mind having his/her feet handled - Buzzy loves having his feet played with so its easy for us
- Use a lancet device on the deepest setting
- Warm paws bleed better just like warm ears so use the facecloth, rice sock - whatever works for you
- Clean the paw before and after (we use a baby wipe) and apply antibacterial ointment on a regular basis - we've never had an infection
- Front paws and back paws are the same, use whatever is easier for you to work with
- Make sure kitty is in a comfortable position, Buzzy lays on his side watching TV for his tests

If you've got a suggestion for a web site that should be included, [drop Gorb a line](#) and he'll add it to this page. [Click here](#) to get back to the home page of Gorbzilla.com.

