

# FINDING THE RIGHT BALANCE

Information and tips to help you manage your cat's diabetes



# YOUR CAT HAS BEEN DIAGNOSED WITH DIABETES

**Your cat has been diagnosed with diabetes mellitus and your vet has prescribed ProZinc® to manage this condition. This booklet will help to answer many of the questions you may have, and help you to treat your cat successfully.**

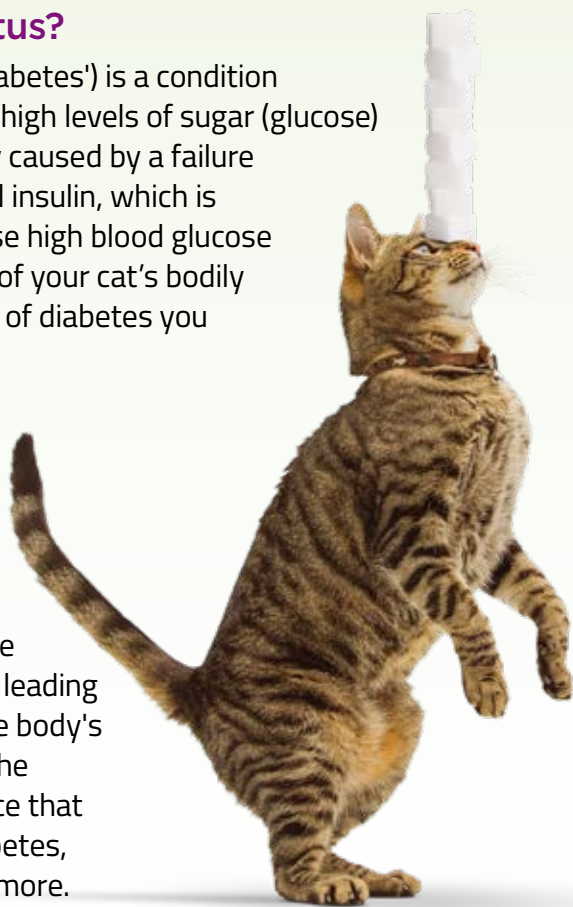
## What is diabetes mellitus?

Diabetes mellitus (or simply 'diabetes') is a condition in which there are persistently high levels of sugar (glucose) in the blood. In cats it is usually caused by a failure to respond to a hormone called insulin, which is termed insulin resistance. These high blood glucose levels negatively impact some of your cat's bodily functions and lead to the signs of diabetes you may have seen.

## Why is insulin important?

Insulin works as the 'key' that lets your cat's body use sugar (glucose) for energy.

Insulin resistance can offset the balance of glucose in the body, leading to glucose deficiency within the body's cells and too much glucose in the bloodstream. It is this imbalance that contributes to the signs of diabetes, such as drinking and urinating more.



# BALANCE

## Signs of diabetes include:



*Drinking more water than usual*



*Losing weight, even when eating more*



*Urinating more than usual*



*Lack of energy*



*Eating more food than usual*



*Weakness, especially in the back legs*

## You are not alone.

If your cat was just diagnosed with diabetes or if your cat's diabetes has been difficult to control, providing the right care may seem overwhelming or frustrating. If you feel this way, you are not alone - around 1 in every 200 cats in the United Kingdom is affected by diabetes,<sup>1,2</sup> and this can be a challenging time for many of their owners.

## The Good News: Diabetes Is Manageable.

**With the right care and treatment, your cat can get back on track and have a balanced, healthy lifestyle. Read on to learn how you can help.**

# MANAGING YOUR CAT'S DIABETES

**A consistent routine will go a long way in helping to manage your cat's diabetes. Try to keep a regular schedule for your cat, especially when it comes to:**

## Vet visits

Your vet will ask you about the signs of your cat's diabetes during regular appointments and/or phone calls to help you to best manage your cat's diabetes. You may find it helpful to record information about your cat's urination frequency, water/food intake and activity in the ProZinc® Home Care Journal -

**scan the QR code on the back cover or visit [www.prozinc.co.uk](http://www.prozinc.co.uk) to download this journal.**

This will help your vet determine whether your cat is responding as expected. Occasionally, blood sugar monitoring may also be required at your visit.



## ProZinc® therapy

Most cats with diabetes will need to have twice daily insulin injections. Keep the time of the ProZinc® injections around the same every day - although 1-2 hours difference from day to day is OK.



# HARMONY

## Diet

**WHAT** your cat eats is very important. Discuss your cat's diet with your vet to determine what kind of food is best.

**WHEN** your cat eats is also important - feed your cat twice daily, approximately 12 hours apart, the same time as ProZinc® injections are given. If your cat is a graze feeder (i.e. they do not eat their meal in one sitting and instead return to their bowl several times throughout the day), it is fine for them to continue to graze their meals over the course of the day.



## Activity and play

Staying fit and maintaining a healthy weight will help to keep your cat's diabetes under control - regular activity can make a real difference. Like feeding, activity should be comparable from day to day. Your vet can give you some tips on what kinds of activity are appropriate for your cat.



**ProZinc**<sup>®</sup>  
(protamine zinc recombinant  
human insulin)

# YOUR VET HAS PRESCRIBED PROZINC®

**ProZinc® is an insulin developed specifically for veterinary use, and it will help you care for your cat easily and effectively.**

**ProZinc® is effective and convenient.**

Your vet has prescribed ProZinc® because twice-daily dosing with ProZinc® insulin is safe, effective and will improve your cat's quality of life.<sup>3</sup> Longer-acting insulin preparations like ProZinc® are recommended by feline experts for optimal control of diabetes in cats.<sup>4</sup>

**ProZinc® is designed for cats with diabetes, just like yours.**

ProZinc® slowly releases insulin to help maintain your cat's blood glucose levels throughout the day.

As with all prescribed medications, ProZinc® should only be given to the cat for whom it was prescribed, and at the dosage and frequency prescribed. Please talk to your vet if you have any questions or concerns about ProZinc® or about diabetes.

**GIVE THE EXACT PROZINC® DOSE YOUR  
VET RECOMMENDS.**

Do not adjust your cat's ProZinc® dose  
without your vet's supervision.



## Giving your cat ProZinc®



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Give injections of ProZinc® around your cat's mealtimes, or just afterwards.



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Give the injections around the same time every day to help your cat's blood glucose levels stay as stable as possible (1-2 hours difference from day to day is OK).



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Give your cat two meals a day, both with their insulin injection and approximately 12 hours apart. If your cat is a graze-feeder make sure they have food available at the time of their injection and enough food to sustain them through the night. If possible, monitor your cat's food intake by weighing the amount of food given and remaining prior to their next meal. Do not hesitate to give a hungry cat a healthy snack - suitable snacks are high in protein and low in carbohydrate and include a small amount of their usual diet or well-cooked meat or fish.



**ProZinc®**  
(protamine zinc recombinant  
human insulin)

# PREPARING YOUR CAT'S PROZINC®

The following tips, together with a little practice will make giving insulin injections an easy routine, and faster than you might think!

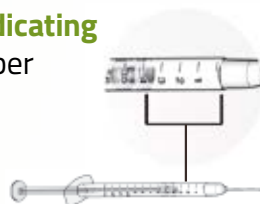
1

**Make sure you use the correct syringe.** ProZinc® must be injected with a U-40 syringe. This is very important, because another type of syringe may deliver the wrong dose. (U-40 syringes are specifically for use in pets and are not the same as U-100 syringes for human insulins.)

2

**U-40 syringes are marked with numbers indicating units of insulin.** Be sure to draw the number of units prescribed by your vet.

Do not try to adjust your cat's dosage without your vet's supervision.



3

**Take the ProZinc® vial from the fridge and gently roll it between your hands.** This step mixes the insulin, and also warms it so the injection will be more comfortable for your cat.

It is important that you roll the vial and not shake it. Shaking the vial may reduce the effect of the insulin by breaking the insulin molecules apart.

4

**Before inserting the needle into the vial,** remove the caps from the plunger and needle and pull back the plunger to the prescribed dose of ProZinc®.



5

**Insert the needle into the top of the ProZinc® vial** and push the plunger all the way in to inject air into the vial.

**NOTE:** Injecting this air into the vial will prevent a vacuum from forming, which can make withdrawing the insulin more difficult.



6

**Now turn the vial upside down with the needle still inserted.** Make sure the tip of the needle is submerged in the insulin. Pull the plunger a few units past the prescribed dose. Keep the needle inserted in the vial.

**NOTE:** Drawing up this extra insulin now will help reduce air bubbles and make it easier to give the right dose.



7

**Look for large air bubbles in the syringe.** If you see any, gently tap the side of the syringe with your finger to release them.



8

**Now gently push the plunger back in to the prescribed dose** (the number of units prescribed by your vet). Take your thumb off the plunger, and withdraw the needle from the vial.

9

**After removing the needle from the vial, check the syringe** to make sure you have the correct amount of ProZinc® ready.

**NOW YOU ARE READY  
TO ADMINISTER THE INJECTION.**

# HOW TO GIVE PROZINC®

Now that you have prepared the syringe with the correct dose, it is time to administer the injection. As you will see, the process is quick and comfortable.

## Administering the injection

- 1 Make sure your cat is on a stable surface.** Make sure to choose a distraction-free place your cat is familiar with.
- 2 Take a moment to pet your cat!** It's best if you and your cat are calm while you give the injection.
- 3 Gently pull up a fold of skin on your cat's neck or side** while you're petting your cat. Don't use the same spot each time.
- 4 Smoothly insert the needle into the fold of skin close to the body.** The insulin needle is very thin and sharp. It won't hurt your cat, especially if you insert it smoothly.
- 5 Pull the plunger back slightly to ensure no blood enters the syringe.** If you see any blood in the syringe, discard it and start over with a new syringe.



6

**Gently push the plunger all the way in, pull out of the skin,** and reward your cat with more petting.

7

**Dispose of the syringe safely.** You will need to properly dispose of the syringe. If you are unsure of how to properly dispose of it, please ask your vet. It's important to observe local regulations governing disposal of used syringes.

8

**Store ProZinc® in the refrigerator.** ProZinc® should be stored upright at a temperature between 2°C and 8°C and be kept away from the back of the fridge/touching any frosty part of the fridge.

## See how to give ProZinc®



Scan the below code or visit [WWW.PROZINC.CO.UK](http://WWW.PROZINC.CO.UK) for step-by-step videos that will teach you how to administer ProZinc® correctly.



# WHAT TO EXPECT WITH PROZINC®

**With patience and care, ProZinc® can help bring your cat's diabetes under control so your cat can live a happy and normal life.**

## Regulating your cat's diabetes

It may take 6 weeks or sometimes longer to get your cat's diabetes under control – so it's good to be patient! You may see improvement in the signs of diabetes (excessive thirst, urination and increased appetite) within 1–2 weeks of starting insulin but for some cats it takes longer.

Every cat responds to insulin slightly differently and so your vet will need to adjust the ProZinc® dose to get the right control for your cat.

When these signs decrease or disappear, you'll know your cat's diabetes is coming under control and your cat is likely to feel better.



# CONTROL



EVEN IF THE SIGNS OF DIABETES ARE GONE, **it is still important to have routine check-ups** so your vet can assess your cat's response to ProZinc®.



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# UNDERSTANDING HYPOGLYCAEMIA

**With the right balance of care and treatment, you should look forward to a long, happy life for your cat. It is also important to be aware that, while uncommon, your cat's blood sugar levels can sometimes dip too low, a condition known as hypoglycaemia. Hypoglycaemia can occur when your cat has too much insulin or too little food.**

## Signs of hypoglycaemia include:

- Weakness
- Depression
- Staggering or walking strangely
- Unusual behaviour
- Muscle twitching
- Seizure
- Coma



## Ways to help your cat avoid low blood sugar

- Make sure to give your cat the correct dose of ProZinc® as prescribed by your vet
- Do not change your cat's dose of ProZinc® without speaking to your vet
- Do not give your cat any prescription or over-the-counter medications without your vet's knowledge
- Keep a regular feeding schedule - feed your cat the amount of food recommended by your vet at the same times each day
- Make sure your cat is eating prior to giving each insulin injection
- If your cat does not want to eat, or vomits around the time of the injection, call your vet for advice

## What to do in an emergency

If you suspect your cat may have hypoglycaemia, follow these steps:

- 1 If your cat is unconscious, rub sugar syrup or honey on your cat's gums, and contact your vet immediately.
- 2 If your cat is having a seizure, contact your vet immediately for urgent advice.
- 3 If your cat is conscious, or when your cat regains consciousness and is able to swallow, hand-feed sugar syrup or honey until your cat is alert enough to eat normal food.
- 4 As soon as your cat is alert enough to eat, feed the next scheduled meal straight away, and call your vet for advice. Remember that hypoglycaemia can be a dangerous condition that can't wait. It is a medical emergency that requires you to take immediate action.



### Always keep sugar syrup or honey on hand.

Your vet can provide special glucose gels to keep at home. Remember to always contact your vet if you see any signs that you are concerned about.



# STAYING STEADY

Want more tips on managing your cat's diabetes with ProZinc®?

Scan the code or visit  
[WWW.PROZINC.CO.UK](http://WWW.PROZINC.CO.UK)

for videos on how to give ProZinc® and access items like Home Care Journals



**Treat your cat's diabetes confidently with ProZinc®.**

**Always follow the advice of your vet. Please let them know if you have any questions about your pet's health.**

**References:** 1. McCann, T., *et al.* (2007) Feline diabetes mellitus in the UK: the prevalence within an insured cat population and a questionnaire-based putative risk factor analysis. *J Feline Med Surg* 9, 289–9. 2. O'Neill, D., *et al.* (2016) Epidemiology of Diabetes Mellitus among 193,435 Cats Attending Primary-Care Veterinary Practices in England. *J Vet Intern Med* 30, 964–72. 3. Gostelow, R., *et al.* (2018) Prospective evaluation of a protocol for transitioning porcine lente insulin-treated diabetic cats to human recombinant protamine zinc insulin. *Journal of Feline Medicine and Surgery* 20, 114–121. 4. Sparkes A. *et al.* (2015) ISFM Consensus Guidelines on the Practical Management of Diabetes Mellitus in Cats. *J Feline Med Surg*, 17,235–250.

ProZinc® contains protamine zinc recombinant human insulin. UK: POM-V IE: POM. Advice should be sought from the prescriber. Further information available in the SPC or from Boehringer Ingelheim Animal Health UK Ltd., RG12 8YS, UK. Tel: 01344 746957. Email: [vetenquiries@boehringer-ingelheim.com](mailto:vetenquiries@boehringer-ingelheim.com). ProZinc® is a registered trademark of Boehringer Ingelheim Vetmedica GmbH, used under licence. ©2022 Boehringer Ingelheim Animal Health UK Ltd. All rights reserved. Date of preparation: November 2022. UI-FEL-0079-2022. Use Medicines Responsibly.