



# Sub-Q Fluids: Checklist & Log

Your at-home fluids, step by step

PETSLIKEMINE  
CHRONIC KIDNEY DISEASE

PET NAME	PRESCRIBED VOLUME (ML)	FREQUENCY	FLUID TYPE
_____	_____	_____	_____

Giving fluids under the skin is one of the most useful things you can learn to do at home, and one of the most daunting at first. Volumes and frequency are set by your vet and written above. The rest becomes routine quickly.

## YOUR KIT

- Fluid bag (the type your vet prescribed)
- Giving set / line
- Needles (gauge as advised by your vet)
- Something to hang the bag from
- A warm towel or blanket
- Treats your pet loves
- A sharps bin for used needles

## THE STEPS

- 1 **Wash your hands** and gather everything.
- 2 **Warm the bag** to around body temperature by standing it in warm water, though room temperature is fine too. Never microwave it, as that can cause hot spots.
- 3 **Prime the line** so there is no large air gap.
- 4 **Make a tent** of loose skin over the shoulders.
- 5 **Insert the needle** into the tent.
- 6 **Run the prescribed volume** and watch it flow.
- 7 **Withdraw and pinch** the site for a moment.
- 8 **Comfort and treat** straight away.
- 9 **Dispose of the needle** safely in the sharps bin.

## IF SOMETHING DOES NOT LOOK RIGHT

- Fluid leaking back out a little is common and usually settles.
- If your pet is very wriggly, take a break and try again calmly.
- A small amount of blood at the site is not unusual.
- A soft lump under the skin (sometimes called a camel hump) is normal and is reabsorbed over the next few hours.
- Stop and call your vet if you are worried, if there is a lot of blood, or if your pet seems unwell afterwards.

Written and reviewed by Dr Alastair Greenway MRCVS and Claire Greenway BVM&S MRCVS. This sheet explains and records. It does not diagnose or prescribe. Always follow your own vet's instructions.

**How to use.** Keep this card by your fluids kit. The steps become second nature within a week or two. Use page two to log each session.

**BRING THIS WITH YOU TO YOUR NEXT VET APPOINTMENT**



# Sub-Q Fluids: Checklist & Log

Your running fluids log · page 2

PETSLIKEMINE  
CHRONIC KIDNEY DISEASE

## FLUIDS LOG

DATE	TIME	VOLUME (ML)	SITE (L/R)	HOW THEY COPEd	NOTES (LUMP GONE BY NEXT TIME? APPETITE? ENERGY?)
___	___	_____	<input type="checkbox"/> L <input type="checkbox"/> R	0 1 2 3 4 5	_____
___	___	_____	<input type="checkbox"/> L <input type="checkbox"/> R	0 1 2 3 4 5	_____
___	___	_____	<input type="checkbox"/> L <input type="checkbox"/> R	0 1 2 3 4 5	_____
___	___	_____	<input type="checkbox"/> L <input type="checkbox"/> R	0 1 2 3 4 5	_____
___	___	_____	<input type="checkbox"/> L <input type="checkbox"/> R	0 1 2 3 4 5	_____
___	___	_____	<input type="checkbox"/> L <input type="checkbox"/> R	0 1 2 3 4 5	_____
___	___	_____	<input type="checkbox"/> L <input type="checkbox"/> R	0 1 2 3 4 5	_____
___	___	_____	<input type="checkbox"/> L <input type="checkbox"/> R	0 1 2 3 4 5	_____
___	___	_____	<input type="checkbox"/> L <input type="checkbox"/> R	0 1 2 3 4 5	_____
___	___	_____	<input type="checkbox"/> L <input type="checkbox"/> R	0 1 2 3 4 5	_____
___	___	_____	<input type="checkbox"/> L <input type="checkbox"/> R	0 1 2 3 4 5	_____
___	___	_____	<input type="checkbox"/> L <input type="checkbox"/> R	0 1 2 3 4 5	_____
___	___	_____	<input type="checkbox"/> L <input type="checkbox"/> R	0 1 2 3 4 5	_____

How they coped: 0 = very distressed · 5 = took it in their stride. Volumes are always the ones your vet has prescribed.

Written and reviewed by Dr Alastair Greenway MRCVS and Claire Greenway BVM&S MRCVS. This sheet explains and records. It does not diagnose or prescribe. Always follow your own vet's instructions.

**How to use.** One line per session. Bring this to rechecks so your vet can see how your pet is tolerating fluids and adjust the plan if needed.

**BRING THIS WITH YOU TO YOUR NEXT VET APPOINTMENT**