

My Pet's Normals

Today's Date _____

Pet's name: _____

Date of Birth: _____

Weight in pounds (weigh your pet at your vet's office): _____

Temperature: _____

(Normal temperatures: Dogs and cats 100 – 102.5 degrees Fahrenheit)

Heart Rate (beats per minute): _____

(Normal: Small dogs (up to 20 pounds) 120 -140 bpm, Medium and large dogs 60 – 100 bpm, Cats 120 – 240 bpm, Puppies 120 -160 bpm, Kittens (up to 6 weeks) 200 – 300 bpm)

Mucous Membrane Color: _____

(It should be pink - NOT red, white, blue, or yellow)

Capillary Refill Time: _____

(Normal time is 1 - 2 seconds.)

Breathing (closed-mouth breaths per minute): _____

(Normal for dogs is 10 – 30 breaths per minute, cats 10 – 40 breaths per minute)

Medical conditions affecting my pet: _____

Special medicines my pet is taking: _____

If told to induce vomiting, give my pet _____ teaspoons of hydrogen peroxide 3% solution.

(Give 1 teaspoon for each 10 pounds your pet weighs. A 30-pound pet would need 3 teaspoons. On a liquid syringe, 1 teaspoon equals 5 ml or 5 cc.)

Primary care veterinarian's name, address, phone number:

ASPCA Animal Poison Control
888-426-4435 (888-4ANI-HELP)

Pet Poison Helpline 855-764-7661

