

Vital Signs

The following are approximate normal ranges for dogs that are in a calm, rested state and neither too hot or cold. A good time to practice reading your dog's vitals is in the evening before bed. Record the results and keep in your pet first aid kit so you can refer to them as a baseline if you ever suspect your dog is ill or injured. Remember, knowing what's normal beforehand can help you determine when something is NOT normal! If you have trouble reading your dog's vitals you can always ask your vet to show you how during your dog's next wellness exam.

HEART RATE/ PULSE

Dogs over 30 lbs: (13.6 kg): 60 -100 beats per minute

Dogs under 30 lbs: 13.6 kg): 100 -140 beats per minute

Puppies: 120 -160 beats per minute

RESPIRATORY (BREATHING) RATE

Dogs and puppies of all sizes: 10 - 30 breaths per minute

BODY TEMPERATURE

Dogs and puppies of all sizes: 99.5 - 102.5°F (37.5° - 39.16°C)

MUCOUS MEMBRANES

Normal gum color is pink. If dog has naturally black pigmented gums you can gently pull down lower eyelid to observe color.

CAPILLARY REFILL TIME (CRT)

Normal CRT is 1-2 seconds.

Less than 1 second or more than 3 seconds may indicate an emergency, call vet asap.

DEHYDRATION

Pull up on the skin between the shoulder blades and it should snap right back. If it stays tented or if the dog has dry, sticky gums, these could be signs of dehydration.

