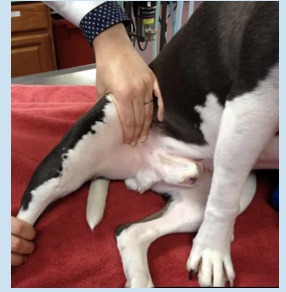


## HOW TO TAKE A HEART RATE (HR) - Beats Per Minute

Put your hand on the left side of the chest (near where the elbow lays over the chest)  
Count how many beats you feel in 15 seconds and multiply by 4

If you have trouble detecting heart beats in the chest area, place two fingers on the middle of your dog's thigh near where the leg joins the body. There, you may be able to feel the femoral artery pulsing each time the heart beats (this can be very difficult to feel in a cat)

**Normal HR: Dogs:** 60-140 beats per minute / **Cats:** 160-240 beats per minute



## HOW TO TAKE A RESTING RESPIRATORY RATE (RRR) - Breaths Per Minute

A RRR should be taken when your pet is sleeping or resting quietly without distraction; this is the best (and only!) way to assess a "true" respiratory rate and effort

A single breath (a "count of 1") includes **both** the inhale (when the chest rises) and the exhale (when the chest falls)

To obtain a RRR, count the number of chest movements for 15 seconds and multiply by 4  
This is how many times your pet is breathing in one minute (Remember: 1 "in" + 1 "out" = 1 breath)

**Normal RRR: Dogs:** 18-24 breaths per minute (non-panting dogs) / **Cats:** 20-30 breaths per minute  
(bigger dogs tend to breathe slower while smaller dogs breathe a little faster)

## MONITORING RESPIRATORY EFFORT

You should not be able to hear your pet breathe at all (except with panting)

With regards to respiratory effort, breathing should always appear non-labored (no effort) and your pet should look relaxed and non-distressed; there should be no effort with chest movement

The act of breathing is for the most part performed by the chest wall, which should move "in and out" easily and rhythmically in an effortless way, with each breath looking the same as the last

## MONITORING GUM COLOR

Lift the upper lip to observe the color of the gums just above the upper canine teeth

Most dogs have gums that are a healthy, salmon-pink color, however the shade of pink can vary from pet to pet (which is why it is important to know your pet's baseline)

If your pet has naturally dark or black-pigmented gums, look to the pink parts of the gums; you can also look at the inside fleshy part of the eyelid by gently pulling the lid down and looking at the color of the tissue, which should also be pink in color

