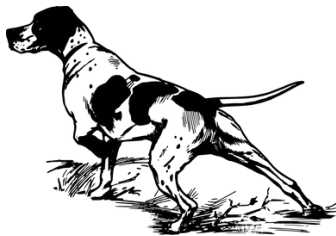


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# THE K9 MEDIC KIT™



**Emergency First Aid Pocket Field Guide**



**WORKING DOG EDITION**

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**My Veterinarian Phone #** \_\_\_\_\_

**Nearest Vet & Emergency Vet to my current location:**

\_\_\_\_\_  
\_\_\_\_\_

#  
#

\_\_\_\_\_  
\_\_\_\_\_

**My Dogs:**

**Breed:**

**Age:**



**Rabies Vaccine:**

**Other Vaccines:**

**Date:**

**Date:**

**Current Medications:**

**Current Diet/ Type of Food:**

**Allergies to Medication or Food:**

**Noteable Health Conditions:**



## SAFETY PRECAUTIONS FOR YOU AND YOUR DOG

An injury may not only cause your pet pain, but also fear and confusion. These things can make even the gentlest of pets unpredictable or even dangerous. To protect you both:

- **\*\*Assume that your dog is in pain, and proceed with caution.\*\***
- Avoid any attempt to hug an injured pet.
- Keep your face away from your pet's mouth.
- Dogs that are painful MAY BITE. Apply a muzzle. You can use rolled gauze, or the tourniquet for a makeshift muzzle. **\*IF your dog is vomiting, do NOT apply a muzzle.**
- Whenever possible, ask other people to help you move pet.



## PRIMARY ASSESSMENT

### 1. Level of Responsiveness:

Call dog by name, is it responsive?

No response or sluggish response can be a sign of significant injury or illness.

Causes for concern : restlessness, aggression, tremors, seizures, no response to touch.

### 2. Airway and Breathing:

Assess breathing by watching movement of chest

Normal respiratory rates for dogs is 10 to 30 breaths per minute, faster for puppies.

### 3. Heart Rate & Circulation:

Normal heart rates: **Adult dogs; MEDIUM to LARGE: 60-100 beats per minute.**

**SMALL dogs: 100-160 BPM PUPPIES 120-160 BPM**

**TIP:** Easiest to assess heart rate with dog laying on side, feel dog's pulse at inside of rear leg thigh.

**TIP:** Count beats per every 15 SECONDS and multiply by 4 for faster assessment.



## SECONDARY ASSESSMENT

### 1. Behavior:

Is dog's behavior normal? Or showing signs of aggression, lethargy, scared?

Is there any sign of obvious pain, bleeding, limping?

Is dog eating/drinking normally? Is urination and bowel movements normal?

\* Is urine very clear or very dark in color? Are stools loose or watery? Or constipated?

### 2. Temperature:

Using a lubricated rectal thermometer, insert 1-2 inches. **Normal Temp is 100 to 102.5 F**

### 3. Eyes:

Pupils (black inner circle of eyeball) should be equal and reactive to light.

Whites of eyes should be clear and white. Abnormal findings would be yellowish in color, redness, discharge, or bleeding.

### 4. Gums:

Gums should be pink in color; abnormal white, purple, grey or blue. This will indicate poor circulation and/or heart issue or anemia.

### 5. Skin/Fur:

Gently run hands up and down body, looking for wounds, ticks, masses.

Gently lift skin with fingers behind neck, if skins returns to position slowly, this can indicate dehydration.

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- B- Check **B**reathing
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What to do



# INGESTION OF TOXIC SUBSTANCES



**If you think your dog has ingested a toxic substance  
CONTACT A VETERINARIAN IMMEDIATELY!**

You **MAY** need to induce vomiting, depending on substance

---

## Information to have when you call the doctor:

- Approximate **weight** of dog
- Approximate **time frame** dog may have ingested substance
- What **type** of substance it was
- **How much** dog may have ingested
- **Packaging from ingested substance, bring it with you to the vet.**

Depending on the substance, symptoms can include nausea, lethargy, drooling, vomiting, ataxia (lack of coordination), seizure, collapse, painfulness, panting, anorexia

---

# COMMON TOXIC SUBSTANCES

- Alcohol
- Antifreeze
- Artificial sweeteners: **Xylitol, (also known as 967, birch sugar, wood sugar, birch bark, birch bark extract, xlitol, xylite, xylo)**
- Avocado
- Chocolate & Caffeine
- Fertilizers
- Household cleaners and bleach
- Human RX medications and many over the counter medications
- Macadamia nuts
- Marijuana and other recreational drugs
- Moldy foods



**If you think your dog has ingested a toxic substance  
CONTACT A VETERINARIAN IMMEDIATELY!**

# COMMON TOXIC SUBSTANCES

- Onions and garlic
- Pain relievers (ibuprophen, naproxen, Tylenol, aspirin and more)
- Pesticides/herbicides
- Poisonous plants (download App that identifies toxic plants)
- Potpourri
- Rat poisons
- Raisons and Grapes
- Raw Bread dough

\*This is only a partial list of some common toxins- **if you are unsure if what your dog ate was toxic, CALL your Vet or Poison Control (See PAGE 8 for number).**



**If you think your dog has ingested a toxic substance  
CONTACT A VETERINARIAN IMMEDIATELY!**

# TOXIN INGESTION - INDUCING VOMITING

## INSIDE YOUR KIT:

Hydrogen Peroxide 3% - 4oz. (to induce vomiting)

Oral Syringes - 3 Sizes: 5ml, 10ml, 20ml

**\*\*Dosing instructions are also on the bottle\*\***

Give 0.5 to 1ml per pound of body weight:

10lbs = 5mls

30lbs = 15mls

50lbs = 25mls

70lbs = 35mls

90lbs or more = 45mls

45mls is MAX dose

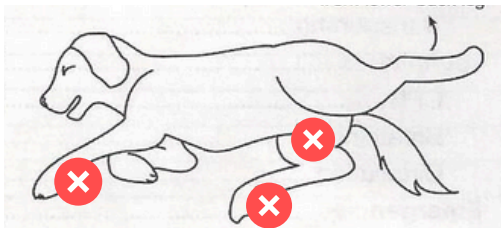
You may give up to 2 doses 15 minutes apart



**If you think your dog has ingested a toxic substance  
CONTACT A VETERINARIAN IMMEDIATELY!**

# HEART RATE & CIRCULATION

Areas marked with **X** are the best places to obtain a pulse/heart rate.



## **AIRWAY AND BREATHING:**

1. Assess breathing by watching movement of chest
2. Normal respiratory rates for dogs is 10 to 30 breaths per minute, faster for puppies.
3. Heart Rate & Circulation:  
Normal heart rates: Adult dogs; MEDIUM to LARGE: 60-100 beats per minute.  
SMALL dogs: 100-160 BPM PUPPIES 120-160 BPM

**TIP:** Easiest to assess heart rate with dog laying on side, feel dog's pulse at inside of rear leg thigh.

**TIP:** Count beats per every 15 SECONDS and multiply by 4 for faster assessment.

# TEMPURATURE & GUM COLOR






**NORMAL TEMPURATURE:** 100 to 102.5 F Most accurate using a rectal thermometer - included in your kit.

**MUCUS MEBRANE COLOR:** Normal color should be "bubble gum" pink.

**CAPILARY REFILL TIME:** Checking CRT, lift lip, with finger or thumb, press gum firmly and quickly release. **"Refill time"** refers to after you press firmly on gum, that the gum turns from white in color to pink. Normal refill time should be 1-2 seconds.



# GUM COLOR CHART

	<b>Bubble Gum Pink</b>	<b>Normal</b>	<b>&gt;</b>	<b>Good Dog!</b>
	<b>Pale Pink to White</b>	<b>Anemia or Shock</b>	<b>&gt;</b>	<b>Get to Vet Immediately</b>
	<b>Blue-Purple</b>	<b>Suffocation or Heart Issue</b>	<b>&gt;</b>	<b>Get to Vet Immediately</b>
	<b>Bright Red</b>	<b>Heatstroke or Carbon Monoxide Poisoning</b>	<b>&gt;</b>	<b>Get to Vet Immediately</b>
	<b>Yellow</b>	<b>Serious Liver Problem</b>	<b>&gt;</b>	<b>Get to Vet Immediately</b>

# CAPILLARY REFILL TIME CHART

1-2 Seconds

Normal

Good Dog!

3-4 Seconds

Poor  
Possible Dehydration /Shock

Call the Vet

More than  
4 Seconds

Emergency  
Severe Dehydration/ Shock

Get to Vet  
Immediately

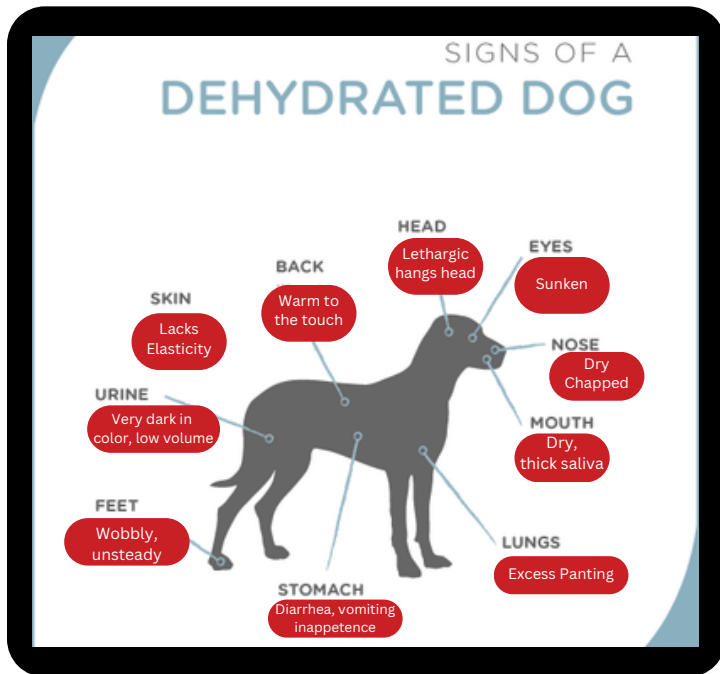
Less than  
1 Second

Emergency  
Severe Heatstroke/Shock

Get to Vet  
Immediately



# HYDRATION CHART



# WHAT ARE THE ABC'S ?

## **A - Airway**

With dog laying on it's side, tilt head back, pull tongue out gently, use your fingers to check for foreign object blocking airway.


## **B - Breathing**

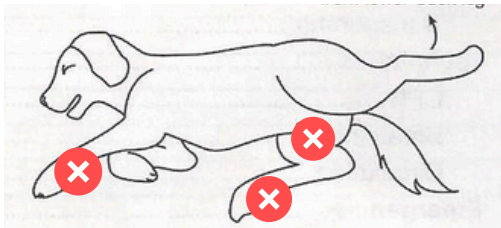
Check to see if dog is breathing, if not, begin rescue breathing. Gently close dog's mouth and extend neck to open airway. Cover the nose with your mouth and breath into nose with your mouth until chest rises. Give a rescue breath every 4-6 seconds.

## **C - Circulation**

Check for heartbeat, if absent, perform chest compressions.  
(See next 2 pages)

## Heartrate & Pulses

Areas marked with  are the best places to obtain a pulse/heart rate.



## IF YOUR DOG IS NOT BREATHING

- Stay calm
- Open your pet's mouth, gently grasp the tongue, and pull it forward so the tip is outside the mouth.
- Quickly check the mouth and throat for any foreign objects blocking the airway.
- Perform rescue breathing by holding your pet's mouth closed with your hand and breathing directly into their nose until you see their chest expand. Once the chest expands, continue providing 10 rescue breaths per minute until your pet is breathing on their own or you arrive at the closest veterinary hospital.

## IF YOUR DOG HAS NO HEARTBEAT

- Start rescue breathing as described for non-breathing pets, then begin chest compressions:
  - For most dogs, gently lay the pet on one side. For barrel-chested dogs (like English Bulldogs), gently lay them on their back and place your hands on their breastbone.
  - For small dogs use one hand to encircle the bottom of the chest between your thumb and other fingers. Then, squeeze the chest between your thumb and fingers 100-120 times per minute (or to the beat of “Stayin’ Alive”).
  - For other dogs, place your hands over the widest point of the chest or, if the dog is keel-chested (like Greyhounds or Doberman Pinschers), just behind the armpit. Then press down 100-120 times per minute, keeping your elbows locked.
- Aim to compress the chest cavity by about one-third of its total width.
- If you’re alone, alternate the chest compressions with rescue breaths by performing 30 chest compressions and stopping long enough to give two rescue breaths, then repeating. If you have help, one person can give chest compressions and the other can give 10 rescue breaths per minute.
- Continue until you can hear and feel a heartbeat and your pet is breathing regularly, or you have arrived at the closest veterinary hospital, and they can take over. **Please remember that your pet's likelihood of surviving with resuscitation is very low. However, in an emergency it may give your pet its only chance.**

# ALLERGIC REACTIONS



## Insect and Spider bites, Fire ants, Stings



Signs of allergic reactions include hives, swelling, redness, and itching. Typically around eyes, face or muzzle, but can spread to body.

It can also cause vomiting, difficulty breathing and or collapse in the event of anaphylactic shock, (not as common).

### Initial treatment:

- Give Benadryl (included in your kit), or generic Diphenhydramine by mouth.
- **Tablets & capsules are 25mg each** | Liquid Benadryl, 5mls = 12.5mg (use syringe provided in your kit). Liquid is recommended for very small dogs.
- **Give 1 mg per pound of body weight:**

Example: 12lbs = one half tablet

25lbs = **1** tablet

50lbs = **2** tablets

75lbs = **3** tablets

100lbs = **4** tablets

125lbs = **5** tablets

You may give appropriate dose based on weight up to **3 times per day.**

If your dog shows any signs of distress, difficulty breathing, shock or swelling is not improving after giving 1 or 2 doses of diphenhydramine, CONTACT A VETERINARIAN IMMEDIATELY!

# BLEEDING



- Apply direct pressure using gauze or cloth
- Use of Bleed Clot powder can be applied to wound, typically for smaller wounds or cuts (contained in your kit).
- If a bandage is applied, **check repeatedly for any swelling**, as that can be an indication that the bandage is too tight and **can cut off circulation**, (bandage materials are provided in kit).
- Use of tourniquet supplied in your kit can be used for serious injury/blood loss. Apply tourniquet ABOVE area of limb with serious bleeding. Then SEEK IMMEDIATE VETERINARY CARE.
- **Contact a veterinarian for immediate care if wound is significant or there has been abnormal blood loss. Your dog may need surgical repair, and medications to prevent infection and manage pain and further blood loss.**

# **BLOAT AND TORSION**

**Signs of bloat and torsion include:**

- **Restlessness**
- **Hypersalivation**
- **Distended abdomen**
- **Pacing**
- **Non-productive vomiting**
- **This condition is more common in larger breed dogs and deep chested dogs, but can occur in any dog.**

**This is an EMERGENCY condition, immediate veterinary care is required. This condition can cause death quickly.**

# BLOOD SUGAR EMERGENCIES

## Signs of low blood sugar or hypoglycemia include:

- Wobbliness
- Twitching
- Extreme lethargy
- Collapse
- Seizures

## What to do if your dog has low blood sugar:

- Rub corn syrup, Honey, glucose paste, molasses, maple syrup or sugar water on the gums, even if dog has collapsed.
- **Seek immediate veterinary care.**



# BREATHING PROBLEMS

A dog that is having trouble breathing, may move abdomen when breathing, cough, have increased breathing rate and/or effort, may have loud or noisy breathing sounds or have pale or blue/grey gums.

- **You should seek immediate veterinary attention**

# BURNS

Burns are classified by their severity, based on depth and percentage of surface area covered.

- ***If only one body part is burned***, you may immerse in cool water, **NOT** cold water. **\*\*NEVER do this if your dog has extensive burns, it may cool skin too quickly and cause shock.**
- Place a clean moist cloth over the burned area.
- Burns can easily become infected, seek medical care.
- **IMMEDIATELY** take your dog to the veterinarian.
- The burn gel in this kit is only designed for very superficial skin or pad burns and sun burn.

# DIGESTIVE ISSUES

Our dogs can become a bit stressed when traveling and visiting new places, even drinking water from different sources.

Some of the more common issues are:

- Diarrhea or loose stools: **Use the Pumpkin Pro - GI Supplement** supplied in your kit, pumpkin is high in fiber and will help alleviate loose stools. We've partnered with ***Rogue Pet Science*** to supply the **BEST option for your dog**.
- Lack of appetite: New surroundings and travel can reduce their desire to eat, maintain consistency in their diet and treats. Stay as close as you can to regular feeding schedule.
- Barking when left alone in RV/camper: Bring familiar personal items for them, bed, blanket, toys. Utilize calming supplements, a Thundershirt or other items that will give them comfort and familiarity.

**IF diarrhea is a persistent problem, please contact a veterinarian for advice and to rule out other causes. Diarrhea can lead to dehydration, particularly in smaller dogs, young dogs and elderly dogs.**

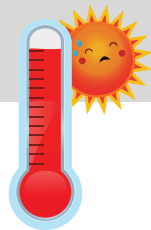
# DROWNING

- For an unconscious dog, *make sure head is lower than torso*, lift dog up by stomach and hips to allow water to come out the nose and mouth.
- Check for heartbeat and pulse, perform CPR if necessary
- Place blanket around the dog and seek immediate veterinary care.
- Even if your dog has been revived, seek veterinary care, because there may be fluid buildup in the lungs and effects of hypothermia may result.

# EYE EMERGENCIES

- If your dog's eyes are red or have discharge, or the eye is closed or squinting, see your veterinarian.
- If there is small a foreign object in the eye, gently wash the eye with STERILE SALINE EYE WASH (contained in your kit), to attempt to flush foreign object from the eye.
- Even if a foreign object has been removed, seek veterinary care, as foreign objects can cause corneal abrasions, ulcers and infection and if not treated by a veterinarian, can cause permanent damage.
- Eye injuries can be serious and should be treated by your vet ASAP.

# HEATSTROKE



## 6 Signs & Symptoms



- Rapid Panting
- Weakness
- Bright Red Tongue
- Diarrhea
- Vomiting
- Thick/Sticky Saliva

## WHAT TO DO:

1.



Move dog to cool shaded area

2.



Apply cool water all over body, focusing on head

3.



Apply wet, cool towels to head and stomach, inguinal area.

4.



Offer small drinks of water

5.



Seek Veterinary care IMMEDIATELY



# HYPOTHERMIA



## WHAT IS IT?

- A drastic reduction in body temperature
- Occurs when your dog has been exposed to frigid temperatures for too long, or if their fur gets wet in a cold environment for too long.

---

## SYMPTOMS:

- Use thermometer rectally, body temp is 98.5 degrees or below.
- Decreased heart rate
- Pale or blue gums, mucus membranes
- Shivering
- Dilated pupils
- Weak pulse, wobbliness, unconsciousness

## WHAT TO DO:

- Remove dog from cold
- Wrap dog in **thermal blanket** (provided in your kit)
- Double wrap in another blanket if available
- Use warm bottles, hand warmers, other to warm dog
- SEEK VETERINARY CARE

# POISONING | TOXIN INGESTION



## POISONS CAN BE: Ingested ● Inhaled ● Absorbed by skin

1. For ingested poison, ask Vet or Animal Poison Control if you should induce vomiting. If so, follow instructions on Hydrogen peroxide 3% label (**provided in your kit**) for administering peroxide and inducing vomiting. You may try to induce vomiting for the second time, after 10-15 minutes. Never give more than 45mls of peroxide, for large dogs per dose.
2. For inhaled poison, get your dog to FRESH AIR immediately
3. For topical /absorbed poison, call Vet or Animal Poison Control and ask if it can be washed off with water  
(some toxins are activated by water)



**PET POISON HELPLINE® 855-764-7661**

**ASPCA Poison Hotline 888- 426-4435**

Refer to **PAGE 8, 10**  
in this guide for  
more info.



# SEIZURES

**During an active seizure, the dog will often fall over, urinate, defecate, twitch, drool, body may stiffen, biting at air, exhibit "chewing gum" behavior.**

## **WHAT TO DO:**

- Make sure your dog is in a safe place.
- Do not attempt to restrain dog
- Comforting dog is OK, to keep them from injuring themselves, but keep hands and face away from dog's mouth, during a seizure, they are disoriented and there is a risk of biting.
- Be aware of how long the seizure. If a seizure lasts more than 3-4 minutes, seek veterinary attention. A seizure lasting more than 4 minutes increases the risk of high fever and brain damage.
- Be sure to call your vet and make them aware of any seizure activity.

# WOUNDS

## ABRAISIONS

- Clean wound with mild soap & water and or hydrogen peroxide
- Apply triple antibiotic ointment, burn cream, or wound care ointment.

## BITE WOUNDS

- Clean and flush wound with mild soap and water or sterile saline solution
- Apply triple antibiotic ointment, apply a gauze pad, and wrap if applicable on paw or leg.
- Apply bandage if needed. NEVER apply bandages too tightly - that can cut off circulation.
- Seek veterinary care for possible stitches, antibiotics, and pain medication.

## TICKS

- Use gloves, part hair, use tick remover tool, or tweezers, grasp tick close to skin and remove
- Monitor area for redness and swelling, pain or discharge. Seek Vet care if needed.

## CUTS & LACERATIONS & PAD WOUNDS

- Clean and flush wound with warm soap and water or sterile saline solution
- Apply bandage as needed, seek veterinary care for stitches, antibiotics and pain medication. NEVER apply bandage too tightly, circulation can be cut off.

- SNAKE BITES**
- Attempt to identify snake, **SEEK IMMEDIATE VET CARE**
  - **Venomous snakes can cause DEATH & require antivenom**

# WOUNDS

## LACERATIONS CONTINUED

- Clean and flush wound with warm soap and water if available.
- Flush with saline to remove blood or other debris, clean with iodine prep pad or hydrogen peroxide.
- NEVER use alcohol prep pads on wounds---it BURNS!

## USE OF SKIN STAPLER

- Use ONLY if familiar with using this tool.
- For use ONLY with superficial wounds/lacerations. Other deeper wounds will require veterinary care, and proper wound care for layered closure.
- Bring skin together, place skin stapler on each side of wound to bring skin together and staple. USE specific staple remover for proper removal of skin staples.

## USE OF SUTURE AND NEEDLE HOLDER

- Use ONLY if familiar with using these tools.
- Inappropriate use of these tools can cause further injury or harm to your dog.

**\*\* SEEK PROFESSIONAL VETERINARY CARE FOR SERIOUS WOUNDS**

## DISCLAIMER:

Please note that the information provided in this field guide and first aid kit is intended for initial response to an injury and for informational purposes only.

**It is NOT a substitute for professional veterinary advice, diagnosis or treatment.**

**ALWAYS** consult with your veterinarian before administering medications, or treatments to your dog.

The user assumes all risk and responsibility for the use of and the information in this guide and the items supplied in The K9 Medic Kit.

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