

Telemedicine Checklist

Thank you for allowing us to virtually care for your pet! In order to make your visit as successful as possible, please do the following

1. **Find a well-lit and quiet area of your home.**
2. **Make sure your pet is available for the consultation. We recommend having dogs on a leash.**
3. **Please fill out our telemedicine quick questionnaire prior to the appointment.**

THESE ARE ADDITIONAL ITEMS WHICH MAY HELP US (BUT ARE NOT MANDATORY):

4. **TEMPERATURE**

If possible, take your dog's temperature before the consultation exam. You can take the temperature rectally by inserting a lubricated digital thermometer approximately one inch into the rectum. You can also use an ear thermometer (these may be slightly less accurate). Here is a link on how to do this: <https://www.youtube.com/watch?v=obR-zXBnvBg>

5. **GUM COLOR**

Check your dog's gum color before the consultation. Press on the pink part of the gums and count how many seconds until the gum color returns to normal. Be aware that some dogs have dark pigment on their gums. This is normal, just check the gum color on the pink area between the darker pigmented areas.

6. **RESPIRATORY RATE**

Estimate your pet's respiratory rate at rest for one minute. This is easy to do. While your pet is resting comfortably, watch their chest rise and fall. Count how many times this happens in 15 seconds and multiply by 4.

7. **HEART RATE**

Estimate your pet's heart rate. For some pets, we are able to feel a heart rate. With your pet standing, place your fingers on his chest wall right behind where the elbow is. If you can feel the heart beating (easier in thinner animals), then count how many beats in 15 seconds (multiply by 4). If you cannot do this, no worries! Here is a link on how to do this: https://www.youtube.com/watch?v=jqL_Yd6RPO4

Thank you so much! I am excited to virtually see you soon!

Dr Elizabeth Reno