

TEMPERATURE LOG

1-2 weeks before expected delivery, record mom's temperature TWICE daily at the same times each day. Her temperature will drop from a normal 101.5°F to 99°F or 98°F about 12-24 hours before whelping begins.

DATE	AM Temp	PM Temp

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HOW TO TAKE A RECTAL TEMPERATURE

Most dogs do not enjoy having their temperature taken rectally, but it is the most reliable method.

Supplies:

- Baby Rectal Thermometer
- Disposable Plastic Gloves
- Water Soluble Lubricating Jelly
- Paper Towels
- Cotton Balls
- Rubbing Alcohol

Directions:

- Put on gloves, apply alcohol to two cotton balls and use one to disinfect thermometer
- Apply a generous amount of lubricant to the end of the thermometer
- You may need to restrain the dog either by laying her down against a wall with her rear towards your dominant hand, or by having a 2nd person hold her and keep her busy (try food, a treat or a stuffed toy, with 2nd person feeding her treats)
- Place your thumb and forefinger 1in/2.5cm from the end of the thermometer. This will keep the thermometer at the correct depth while inserted and prevent it from moving around
- You may need to place your other hand on dog's shoulder to prevent her from getting up
- Insert thermometer into her rectum 1in/2.5cm (up to depth stop created by your fingers)
- Remove thermometer once it indicates a temperature has been taken (1-2 minutes)
- Use the paper towel to wipe off excess lubricant
- Use 2nd alcohol-soaked cotton ball to disinfect thermometer
- Remove gloves and record temperature