



# SO YOU GOT A PUPPY

New Puppy and Beyond  
Reference Guide



# Contents

- 2 Welcome Aboard!
- 3 New Puppy Basics
- 5 Vaccines
- 8 Parastive Prevention
- 10 Pet Insurance
- 11 Socialization and Training
- 17 First Aid
- 19 Common Toxins



# Welcome Aboard!

2



**Congratulations on your new pet!**



The staff at Animal Ark Veterinary Hospital would like to take this opportunity to thank you for choosing us for your pet's veterinary care. Enclosed in this booklet is information to help get your new pet started and keep them healthy for the years to come.

Please download our app as an easy way to keep track of all your pet's upcoming visits, schedule visits, refill medications, and view their record at any time.



3

## Puppy Basics

### Basic Needs:

- Crate
- Collar
- Leash (retractable leashes are not recommended)
- Puppy Food (we Recommend Purina Pro Plan, Hill's Science Diet, or Royal Canin brands)
- Toys: an appropriate sized Kong toy is one of the best (toys should be supervised)



### Tips and Tricks:

- Allow your puppy time to adjust to their new surroundings. Having a bed or blanket from where they previously were is excellent to help keep their smell in the new environment.
- Puppies sleep a lot, especially when they are overstimulated. Allow them to sleep as they need.
- Be prepared for when they wake up, or right after they eat they will need to go potty.
- Always keep items away from puppies. They will eat things they are not supposed to.
- Until they are fully vaccinated, at about 16 weeks, make sure they are kept away from other puppies and dogs with an unknown vaccine history. If you have a friend or a family member with a dog you know is fully vaccinated they may interact. Avoid pet stores, forest preserves (wild animals carry Distemper and Parvo), and dog parks until they are fully vaccinated as well. Home improvement stores that allow dogs are a great place to work on socialization with less risk.

# 4 Puppy Basics

## Age | Development | Learning

6-8 Weeks

Puppy teeth come in; like interaction with litter mates and mom



Learning how to interact with other dogs, lots of play to establish what is appropriate and what is not, other puppy interaction is important at this age, best to be with litter mates and mother

8-12 Weeks

Puppy should be weaned and on solid food, has had adequate time with litter mates and mother to learn, Puppies start to need and want human contact

Expose to a lot of different people, introduce collar, start crate training, start potty training



12-16 Weeks

Growing rapidly so ensure you're offering enough food. Start introducing the outside more, take in the car and to new places

Learning more motor control, start going up and down stairs, should be learning to be more confident in new situations. Socialization is important



4-6 Months

Adult teeth start coming in, provide safe chew toys and ensure items around house are picked up, common age for puppies to start eating items they shouldn't, have a longer attention span



Work on obedience training, bring around lots of other dogs now that they are fully vaccinated, Work on leash training

6-12 Months

At this age your puppy is becoming fully mature, if not already spayed/neutered we recommend spaying/neutering by this age to help prevent future issues.

Full training should be happening by this stage, around 10-11 months tends to be doggy "teenage years" work hard to prevent bad habits such as jumping, barking, being mouthy, and chewing.

# Vaccinations

5

Puppies get many different vaccinations just like human babies to prevent them from getting diseases spread from the environment and other animals. Starting at about 6 weeks until around 16 weeks puppies receive their puppy vaccination. We will go through each vaccine, why they get it, and when they should receive them.

- **Rabies:** Vaccination to prevent Rabies. Rabies is a serologic virus that moves through the body and attacks the brain and central nervous system, causing aggression, staggering/un-coordination, and ultimately death. There is no cure for rabies in humans or animals. This vaccine is legally required since Rabies is zoonotic (can be transmitted to humans from animals). Legally has to be given by 16 weeks of age. This is a non-negotiable vaccination and we have to refuse care if the vaccine is refused.



- **Distemper/Parvo Combo (DP):** Our Combo Vaccine (DP, there are several different abbreviations based on the specific formula for the vaccine) is a vaccine that covers the most common environmentally found diseases. The main component of all the combo vaccines is Distemper and Parvo. Distemper is a highly contagious, often fatal, virus that attacks the respiratory, GI, and nervous systems. It is spread easily among dogs and other animals and can stay in the area (ground) where an infected population has been. Parvo is an extremely contagious virus that attacks the GI tract and it can kill in as little as two days without extensive treatment. DP combo vaccine is extremely important in your dog's health and is a core vaccine.

# 6 Vaccinations

- **Distemper/Parvo/Lepto Combo (DPL):** This vaccine is your normal DP but with prevention to Leptospirosis as well, it is given as a single injection. Leptospirosis (Lepto) is a bacteria most commonly picked up in water that is transmitted by wild animals. The ambiguous symptoms make it hard to diagnose as many other illnesses cause the flu-like symptoms and, if not treated, cause major organ failure and often death. Lepto is also a zoonotic disease that can easily pass to your family. The Lepto vaccine can be given as a stand-alone vaccine when the DP is not required as well.
- **Bordetella:** Bordetella is a bacteria-based disease that affects the respiratory tract. It causes bad inflammation in the lungs and cough. It is most easily spread in facilities with many dogs like shelters, boarding kennels, and groomers. We recommend this vaccine to any pet that will be around other dogs in places like boarding kennels, grooming, doggy daycare, or dog parks.
- **Influenza (Flu):** Like Bordetella, Influenza is a respiratory attacking virus. It is, however, usually more serious. There was a big outbreak in many parts of the country around 2013-2015. Since then it is a vaccine that is recommended for dogs that are going to be around other dogs. Just like Bordetella, we recommend the Flu vaccine for dogs that will be boarding and attending doggy daycare.
- **Lyme:** Lyme vaccine is used to prevent the tick-borne disease, Lyme. Just like people dogs can get this. We recommend the Lyme vaccine to dogs that are prone to ticks, live in areas with ticks, hike, or camp a lot. If kept on tick prevention, the Lyme vaccine is not as necessary as ticks must be attached to transmit Lyme.

# Vaccinations

7

A Typical Vaccine Schedule:

1st Vaccine Visit: Age 6-8 weeks

Can get DP combo and Bordetella at this time

2nd Vaccine Visit: 3-4 weeks after first  
Gets 2nd DP combo

3rd Vaccine Visit: 3-4 weeks after the second

Gets DPL combo and Rabies and 1st Lyme **or\*** Flu

4th Vaccine Visit: 3-4weeks after third  
Gets final DPL and Lyme and/or Flu



\*We do not recommend more than 3 vaccines at a time, especially for small breeds. The veterinarian may even recommend only 2 or 1 vaccine at a time, if that is the case your vaccine schedule may look different, as we adjust it to what is best for your pet.

# 8 Parasite Prevention

Parasite prevention is very, very important! Dogs can get many different parasites that affect different areas of their body. In this section, we will talk about intestinal parasites, body parasites, and heartworms.

## Intestinal Parasites

Intestinal parasites, or worms, are very common in puppies. Several species are transmitted from mom to puppy, and others are just picked up in the environment. We diagnose and treat worms by doing a fecal and administering oral medication to kill the worms present. Puppies will sometimes have several kinds of worms and often require more than one treatment, this is why it is important to recheck after completing the medication rounds to ensure the fecal is negative. We also recommend doing a yearly fecal to make sure they have not picked up any worms throughout the year. Common intestinal parasites are roundworms, hookworms, whipworms, coccidia, giardia, and tapeworms.



## Body Parasites

Fleas, ticks, mange, and mites, oh, my! These are body parasites, they live on the skin of our pets. Fleas and ticks are the most common skin parasites, but luckily they are easy to prevent; keeping your dog on a flea and tick preventative means no worries! Here in North Carolina we recommend flea and tick preventative year-round, as our bugs are always out! Mange and mites usually only occur in pets that have been in stressful or neglectful situations. Often rescue dogs may have mange or mites that need to be treated.



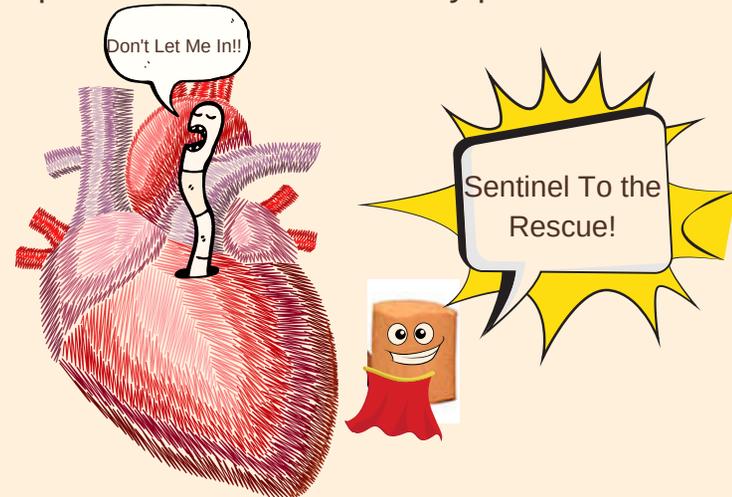
# Parasite Prevention 9

## Heartworm

Heartworms are an extremely important parasite to prevent as the treatment to kill and remove the heart worm is costly for you, painful to your pet and, even after, treated pets can have lasting effects if the heartworm was in an advanced stage. Heartworms are transmitted by mosquitos in a larval stage and then they make their way to the heart of the pet to mature and grow into worms. Meanwhile, they can cause many issues for your pet including trouble breathing, heart issues, and potentially death. Heartworm is preventable by giving your pet a monthly heart worm prevention. One little chewable pill a month can save a lot of "heartache" in the future.

As puppies, we get them started before there is a chance they could have heartworm. They get a yearly test to ensure they did not transmit it after their first year on prevention. If more than 2 months of prevention is missed your pet should get tested to ensure they do not have it before continuing.

Many heart worm preventative like Sentinel Spectrum also treats several intestinal parasites which means you are preventing multiple parasites with one monthly pill!



# 10 Pet Insurance

The truth is veterinary bills are expensive. A new puppy can cost a lot to keep properly cared for with just preventative care. However, one of the biggest expenses with having a pet is unexpected accidents, illnesses, and injuries. That is why we recommend pet insurance, specifically through Trupanion. The insurance gives pet owners security to know their pet is cared for even if a completely unexpected issue, like eating a toy, breaking a leg or even just a cold happens. Trupanion works with Animal Ark directly making payments and claims simple and easy. We have seen so many animals be able to get the care they needed due to their pet parents having Trupanion. At your first Puppy Exam visit, we offer Trupanion free for 30 days, in that time your pet is covered and you can work with a Trupanion agent to find the best policy for you and your pet! Learn more by going to the website [www.trupanion.com](http://www.trupanion.com)



**GOLDEN RETRIEVER**  
Understanding the conditions and associated costs most likely to occur to Golden Retrievers based on Trupanion's claim data.

Puppy	Adult	Senior
<b>INGESTION OF FOREIGN MATERIAL</b> Average Cost: \$400 to \$1,000 Claim Frequency: 55% more likely than the average dog	<b>CRUCIATE RUPTURE</b> Average Cost: \$1,000 to \$2,000 Claim Frequency: 25% more likely than the average dog	<b>CONGESTIVE HEART FAILURE</b> Average Cost: \$800 to \$1,400 Claim Frequency: twice as likely as the average dog
<b>HIP DYSPLASIA</b> Average Cost: \$400 to \$800 Claim Frequency: 2.5 times as likely than the average dog	<b>MASS</b> Average Cost: \$1,000 to \$2,000 Claim Frequency: 25% more likely than the average dog	<b>HEART MURMUR</b> Average Cost: \$400 to \$600 Claim Frequency: twice as likely than the average dog
<b>OTITIS</b> Average Cost: \$100 Claim Frequency: 55% more likely than the average dog	<b>MAST CELL NEOPLASIA</b> Average Cost: \$300 to \$500 Claim Frequency: 4 times as likely than the average dog	<b>HEART MURMUR</b> Average Cost: \$400 to \$600 Claim Frequency: twice as likely than the average dog
<b>GASTROENTERITIS</b> Average Cost: \$300 to \$400 Claim Frequency: about as likely than the average dog	<b>SEIZURE</b> Average Cost: \$300 to \$800 Claim Frequency: 45% more likely than the average dog	<b>COUGH</b> Average Cost: \$200 to \$300 Claim Frequency: 60% more likely than the average dog

# Socialization and Training 11

Training starts with the simplest tasks like teaching a pet their name, to more complex tasks such as advanced ability or training to be a service dog. Whatever the goals for your pup are there are basic training and socialization experiences that make for a happy, well-rounded dog.

Training your pet starts with you as the pet owner being trained. The biggest thing we as pet owners need to do is be consistent. We need to know what we are asking and ask for it the same way every time so the pet understands. For example, when teaching a dog our desired command such as "Come," we want to say "Come" every time, not "Come here," "Come now," or anything other than "Come." This goes for every command we teach. Whatever word you decided for each action, say the same thing every time. This works for hand signals too - use the same motion every time to get the best results. If you want to teach your dog to lay down by touching the top of their head, then do this every time you ask them to lay down. The key principle here is consistency and repetition.

Training is more than commands like sit, stay and come - it is teaching your dog how to behave and goes hand in hand with socialization. Even the best-trained dogs may have bad habits/vices if they are not socialized. They may seem to lose all training when in a new situation or around new people.

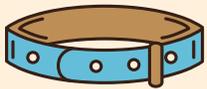
Since some people do better with reading and others with seeing, the next few pages will go over training techniques and steps, but use the QR code below to see our YouTube videos going over training!



# 12 Socialization and Training

Simple tasks that have a huge impact on a dog's life start with how they are handled as a puppy.

Collar, Harness, Leashes: These normal dog items can be very strange and foreign to a puppy. Starting at a young age with an appropriately sized collar and/or harness, and adjusting sizes as they grow is the best way to get them used to them. Leash walking may not go well at first but short, positive sessions of getting them to move with you while on leash quickly make the leash easy to use.



Rides in Cars: This is an important lesson for dogs. They should be able to ride in cars comfortably and safely. We recommend when in the car to either have a seat belt harness or to be crated as these are the safest ways to ensure your dog has the best chance of not being injured. When starting out make drives short and sweet. Puppies do have to come to the vet a lot - please take them to other places too so every time they are in the car is not just to come in for shots!



Examining Paws, Ears, Mouth: For every dog's safety and well-being, it is important to get them used to having their paws, ears, and mouth touched. The sooner you get your puppy used to these tasks the better they will be as adults. Making it a positive experience when they little make it easier to examine these areas in an emergency and can make nail trims less stressful.



# Socialization and Training 13

Crate Training: Crate training is a useful tool for all around training. The crate is an excellent area to give your puppy a safe place of their own. It is useful for potty training as well. The crate is a safe place where your dog can go when they are scared or you need a secure place to keep them in an emergency. Always remove the collar before crating, as the dog could get caught!



Bathing: Giving your puppy a bath is important. Whether it is for general grooming or because they rolled in the mud, you want to make sure the first bathing experiences are fun and pleasant. Giving treats, making sure the water is warm but not hot and using a non-slip pad or towel in the tub can make your pup feel secure and happy!

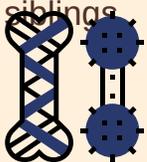


Giving Pills/Medications: For obvious reasons it is very important to have your dog used to taking medications. Offering treats that you could hide a pill in is a good idea, however, try and save these treats (high value ones) for when you really need your dog to take meds or as a great reward. For liquid medications practice using a syringe with just sugar water or beef broth to get your pet used to the syringe itself.



# Socialization and Training

Biting/Mouthing/Chewing: It is important to remember that this is normal puppy behavior and it is our job as pet parents to teach them what is appropriate. This includes teaching them which toys are for play and which are not and how to play with other dogs without being aggressive or dominant. Puppies that stay with their mothers and littermates until they are 8-10 weeks old generally understand these concepts better due to feedback from their parents and siblings.



Jumping up: Just like biting and chewing, we need to teach that jumping up is not appropriate unless asked for. So, for dogs in general, we do not want them to jump up on us or other people so we must work to correct this behavior. You can train your new pup to jump up on command if you would like them to get in the car or for other activities.



Fear Periods: Even with the best training, some pups will be afraid of new places and situations and can act poorly. The best thing to do during these "fear periods" is to give them support and work past the scary events. Most dogs outgrow this but can have lasting fear if they aren't taught how to appropriately handle it or if inadvertently encourage it.



# Socialization and Training 15

House Training: an extremely important task we strive to teach our puppies. House training should be done using positive training techniques or bad habits can be created. Dogs should never feel afraid to go to the bathroom, simply rewarded and praised when they go in the correct spot. Setting a routine is one of the easiest ways to teach your puppy to be house-trained.

Example Routine:

1. Puppy is crated overnight/when you're away
2. As soon as you get up/home, let Puppy outside (be sure not to distract Puppy while outside until they go potty)
3. If Puppy goes potty, praise strongly
4. If Puppy does not go potty, bring inside put back in the crate for 5-10 mins
5. Then take puppy back outside(repeat until Puppy goes potty)
6. Repeat steps 2-5 after feeding and when Puppy wakes up from a nap.

Younger dogs need to go out more frequently and then learn and are physically able to hold it longer. It is recommended to let any dog hold it for more than 8 hours.

Good  
Puppy!!



# 16 Socialization and Training

As important, or possibly more than training is socialization. Make sure your puppy grows into a social, friendly, and confident dog. Try to get the list below completed and be mindful of taking a puppy that is not fully vaccinated around any dogs you do not know, or areas of high dog volume (like dog parks, pet stores, dog training).

- a person in a wheelchair
- a person with a cane and/or walker
- a person wearing a raincoat or umbrella
- a person riding a bicycle
- a person in uniform
- a person with sunglasses and/or hat
- a person with facial hair
- children of various ages (always supervised closely)
- different dogs (breeds, sizes, shapes, etc.)
- different species of animal (farm animals, cats, birds, etc.)
- people of different sexes, ethnicities, and ages
- be left alone (it is important for puppies to be left alone)
- walk on a variety of surfaces (slick, very rough, up-hill, down)
- walk up and down steps
- walk through a tunnel
- loud noises
- applause
- playing with toys
- retrieving or any other special abilities for future work



# Pet First Aid 17

There are many situations where getting to a veterinarian might not be immediately possible or warranted so here are some first aid basics for your pet to help in the event of an emergency or to care for a minor cut/wound. **Ultimately, the best thing to do if you are not sure is calling or going to a veterinarian.**

Just like with human kids, animals do get minor injuries from time to time, and in many cases these injuries do not warrant a vet visit, or at least not an emergency vet visit if it is after hours. A pup that ripped their toenail might do better seeing a vet to have it properly removed, cleaned, dressed, and medications prescribed but if it happens at 2 am having some basic first aid supplies will help your pet stay comfortable until you can go to your regular vet in the morning. A basic first aid kit can also help your pet in an emergency while you drive to a vet hospital.

A basic first aid kit should be kept somewhere it's readily available in times of need like an emergency, natural disaster, or even a road trip.

You can make your own kit or purchase one in many places. We recommend Pet Emergency Education - they even offer courses that you can take to learn more about pet first aid, CPR, or wilderness first aid. Scan the code to learn more.



Example of a General Prepared Pet Kit:

- Proof of ownership/ID for pet (microchip)
- Copy of Vaccine records (especially Rabies Vaccination Certificate)
- Food (at least a few days worth)
- Two - 1 Gallon water jug per pet
- Bowls for pet
- Pet first aid kit
  - Vet Wrap
  - Sterile gauze
  - Cleansing wipes
  - Rubbing Alcohol
  - Neosporin
  - Iodine or Betadine
  - Dog/Cat nail clippers
  - Quick stop/Styptic powder
  - Medical tape
  - Plastic bag/cling wrap (for protecting bandages in rain)
  - Pair of socks
  - e-collar
  - Towel
  - Scissors
  - Thermometer
  - Lubrication
  - Number for Primary Veterinarian
  - Number for Poison Control and Local Emergency (24/7) Veterinarian
- Jacket/Blanket for pet
- Extra collar and leash
- Carrier/crate (where applicable)



Household Hazards include cleaning products, food, and common items we keep around the house that can harm your pet.

Cleaning Products:

- Bleach
- Ammonia
- Many other products (if not safe for you not safe for your pets)

Food:

- Chocolate
- Alcohol
- Avocados
- Onions
- Xylitol (often found in sugar-free gum)
- Macadamia nuts.
- Grapes and raisins.
- Caffeine
- Cooked bones
- Raw Dough
- Raw Meat

Common Items:

- Socks and underwear (tend to be smelly and small, entice dogs to them)
- Toys (children and dog toys)
- Toothpaste
- Rodent killer
- Fertilizer and weed/insect killer

# 20 Toxic Plant List

List of Common Toxic Plants:

- Adam-and-Eve
- African Wonder Tree
- Aloe
- Amaryllis
- American Mistletoe
- Ambrosia Mexicana
- American Mandrake
- American Yew
- Apple (the fruit is okay)
- Apricot (contain cyanide)
- Arrow-Head Vine
- Australian Ivy Palm
- Autumn Crocus
- Azalea
- Baby Doll Ti Plant
- Barbados Pride
- Begonia
- Bergamot Orange
- Bird of Paradise Flower
- Bishop's Weed
- Bitter Root
- Bittersweet
- Black Calla
- Black Laurel
- Black Walnut
- Bog Laurel
- Borage
- Boxwood
- Branching Ivy
- Brunfelsia
- Buckwheat
- Burning Bush
- Buttercup
- Butterfly Iris
- Calamondin Orange
- Calla Lily
- Caraway
- Cardboard Palm
- Castor Bean Plant
- Carnation
- Chamomile
- Chandelier Plant
- Cherry (stem, leaves, and pit)
- Chinaberry Tree
- Chinese Evergreen
- Chinese Jade
- Chives
- Chrysanthemum
- Clematis
- Clivia Lily
- Coffee Tree
- Coleus
- Corn Plant
- Cow Parsnip
- Cowbane
- Cyclamen
- Daffodil (especially the bulbs)

# Toxic Plant List 21

- Dahlia
- Daisy
- Desert Rose
- Deadly Nightshade
- Dieffenbachia
- Dog Daisy
- Eastern Star
- Elephant Ears
- Elephant-Ear Begonia
- Emerald Fern
- Epazote
- Eucalyptus
- Fetterbush
- Fleabane
- Florida Beauty
- Foxglove
- Garlic
- Gardenia
- Geranium
- Giant Dracaena
- Gladiola
- Glory lily
- Good Luck Plant
- Grapefruit (fruit isn't toxic)
- Heavenly Bamboo
- Good Luck Plant
- Hellebore
- Holly
- Hops
- Horse Chestnut
- Hosta
- Hyacinth
- Hydrangea
- Indian Rubber Plant
- Iris
- Iron Cross Begonia
- Jack-in-the-Pulpit
- Jade Plant
- Japanese Yew
- Jerusalem Cherry
- Jonquil
- Lambkill
- Larkspur
- Laurel
- Lavender
- Leek
- Lemon (fruit is non-toxic)
- Lemon Grass
- Lemon Verbena
- Lily of the Valley
- Lily-of-the-Valley Bush
- Lime
- Lobelia
- Locust
- Lovage
- Macadamia Nut
- Madagascar Dragon Tree
- Mapleleaf Begonia

# 22 Toxic Plant List

- Marijuana
- Marjoram
- Mayweed
- Metallic Leaf Begonia
- Milkweed
- Mint
- Mole Bean Plant
- Morning Glory
- Narcissus
- Nightshade
- Oleander
- Onions
- Orange (fruit isn't toxic)
- Oregano
- Painter's Pallet
- Parsley
- Peace Begonia
- Peach (stem, leaves and pit)
- Peace Lily
- Pencil Cactus
- Peony
- Periwinkle
- Philodendron
- Plum (stem, leaves and pit)
- Poinsettia
- Poison Hemlock
- Pothos
- Prayer Bean
- Prickly Ash
- Primrose
- Privet
- Purslane
- Ragwort
- Ranger's Button
- Red-Marginated Dracaena
- Red Sage
- Rex Begonia
- Rhubarb
- Sago palm
- Shamrock Plant
- Skunk Weed
- Sorrel
- Spring Parsley
- John's Wort
- Striped Dracaena
- Sweet Pea
- Sweet William
- Tahitian Bridal Veil
- Tarragon
- Tobacco
- Tomato Plant
- Tulips
- Wandering Jew
- Watercress
- Wisteria
- Yarrow
- Yucca

**Get our App to keep track of all your pet's needs!**

**SCAN ME**

