the cove
Center Of Veterinary Expertise
24/7 ER + Specialty Care

6550 Hampton Roads Pkwy, #113
Suffolk, VA 23435
P: 757-935-9111
F: 757-935-9110

thecovevets.com

Monitoring Respiratory Rate at Home

1. Choose a time when your pet is sleeping.
2. Count respirations for **15 seconds**. Each respiration is the movement of the chest out and in again.
3. Multiply your count during the 15-second interval by 4 to obtain the **respiratory rate per minute** or **breaths per minute** (bpm).

A normal respiratory rate is generally less than 30 or 40 breaths per minute. There is no lower limit and rates lower than 15 bpm may be recorded, especially during sleep.
If your pet's respiratory rate increases by 15-20% from one day to the next, CALL Dr. Small (757-935-9111) or if after hours, contact your nearest veterinary emergency clinic for advice.
**There are 2 free downloadable apps on your smart phone to help guide you while taking your pets resting respiratory rate:

i-phone- Cardalis, *BIVI; **Droid**- *BIVI (*resting respiration rate/@yourdogsheart.com)

Date	Resp Rate (bpm)	Date	Resp Rate (bpm)