



Congratulations on your new puppy!

Here is some general information about your puppy's first 8 weeks of life.

Food

Your puppy has been fed Purina ProPlan Large Breed Puppy food. We highly recommend staying on this diet or switching to another **large breed** formula (**not** grain free). If you plan to switch your puppy's diet, do it slowly over the course of the next week to avoid digestive upset. A puppy diet should be fed until your dog reaches one year of age unless otherwise recommended by your veterinarian.

Here are some alternative food options we recommend:

Royal Canin Large Breed Puppy

Hill's Science Diet or Healthy Advantage Large Breed Puppy

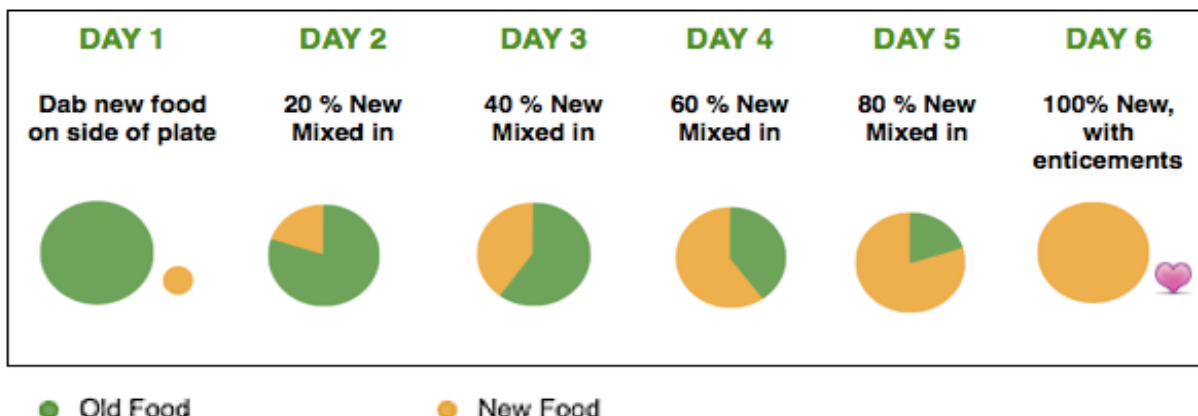
Eukanuba Large Breed Puppy

Iams Large Breed Puppy

*Please consult your veterinarian before feeding a grain-free or raw/homemade diet. *

Your puppy has been free fed whole kibbles for the past week. We recommend feeding your new puppy 3 timed meals per day (morning, afternoon, evening). The feeding amounts should be listed on your bag of food based on weight and age.

How to transition to a new diet:



Veterinary Care

Your puppy has had a full physical examination by a licensed veterinarian and was administered the following vaccinations. See health booklet for complete exam notes.

DAP

Distemper
Adenovirus
Parvovirus

These vaccinations were given _____ by Dr. _____

Next set of boosters due: _____ (4-6 weeks after the first set of vaccines)

Your puppy has been dewormed using Strongid on the following dates

_____ with Strongid (kills round and hookworms)
_____ with Strongid (kills round and hookworms)
_____ with a course of Panacur (kills round, hook, tape, whip, and lungworms)

What's next?

Here is some general information about what you will need to do now that you have your new puppy.

Vaccinations

Puppies need to be vaccinated 3 times to get full immunity. We have given the first set of vaccines at 7 weeks of age. You will need to take your puppy to your veterinarian for the second set between 10-12 weeks and the third set between 14-16 weeks. Here are the vaccines you should be asking your veterinarian about at these next two visits.

10-12 weeks:

DAP	All veterinarians will administer this vaccine with each visit (total of 3).
Leptospirosis	Should be given if you plan to go anywhere wildlife may be.
Bordetella	Should be given if you plan to go to dog parks, puppy classes, or boarding.
Lyme	Discuss this vaccine with your veterinarian to determine if appropriate.

14-16 weeks:

DAP	All veterinarians will administer this vaccine with each visit (total of 3).
Leptospirosis	Needs to be boosted 4 weeks after first vaccination.
Rabies	*This vaccine should not be given any earlier than 14 weeks*
Lyme	Needs to be boosted 2-4 weeks after first vaccination.

***Note: If you miss one of the scheduled booster appointments and are not able to reschedule within the 4–6-week window you will need to start the vaccine protocol over again. It is highly recommended you book all booster appointments when you reserve your puppy and do not miss an appointment.

Deworming/Prevention Medication

It is normal for a puppy to be dewormed multiple times to kill all parasites and lifecycles. We recommend following your veterinarian's deworming protocol.

Heartworm prevention medication should be given monthly from April-November to protect your puppy from heartworm, fleas, and intestinal parasites. Heartworm is transmitted by mosquitos and can be fatal if left untreated. Tick prevention medication should be given at minimum from April-November, but we recommend year-round in Southern Ontario due to random warmer days throughout the winter. Lyme disease is transmitted by ticks and cannot be cured. Ask your veterinarian about which prevention medication is right for your puppy.

Note that April-November is an estimate of the parasite season. Ticks can be active anytime the temperature rises above zero degrees, so you may need to extend your prevention medication if the weather fluctuates.

NEVER GIVE YOUR PUPPY FLEA/TICK MEDICATION FROM A PET STORE OR ONLINE STORE!

These products are not regulated and have resulted in many deaths and illnesses. Purchase these medications from your veterinarian **only**.

What brands do we trust on our adult dogs and puppies?

Interceptor/Interceptor Plus

Nexgard/Nexgard Spectra

Bravecto

Revolution

Heartgard

Advantix – available in pet stores as of 2021 (this is the only safe brand from the pet store)

Advantage Multi

Simparica/Simparica Trio

Spay/Neuter

The right time to spay or neuter your dog varies on the breed, sex, and your lifestyle. I will outline our recommendations for females and males and provide links to the research that supports this recommendation.

When inquiring about pricing for a spay/neuter at your vet clinic, ensure your puppy is getting pre-anesthetic bloodwork, IV fluids, and pain medication before/during their procedure. Not all clinics make this mandatory/include it in their quotes, but it is absolutely necessary for their health and well-being

Females:

We recommend allowing your female to have **one** heat cycle before she is spayed.

Typically, the first heat cycle will happen between 8-15 months of age. Never let your female have two heat cycles unless otherwise directed by your veterinarian. Although we

strongly recommend allowing your female to have one heat cycle, if you feel uncomfortable with caring for a dog in heat, it is acceptable to spay between 6-9 months.

Males:

We recommend neutering your male between 1-2 years of age. However, intact males can begin marking, asserting dominance, and wandering if unleashed, so determine what is best based on your lifestyle. At minimum, we recommend neutering at 1 year, with the ideal age being 2.

Benefits of waiting to castrate

- Reduces risk of developing hip dysplasia
- Reduces risk of CCL/ACL tears
- Reduces risk of certain cancers such as hemangiosarcoma, osteosarcoma and transitional cell carcinoma

Historically, the recommended age for castrating your dog has been 6 months of age. As more research surfaces, this recommendation is actively changing. Many veterinary clinics are still recommending 6 months of age; however, I encourage you to do your own research and speak with your vet about what is best for your dog.

The following statement is from the *Frontiers in Veterinary Science* journal, published July 7th, 2020. The research was written by the School of Veterinary Medicine at the University of California, Davis.
<https://doi.org/10.3389/fvets.2020.00388>

“Labrador Retriever

The study population was 714 intact males, 381 neutered males, 400 intact females, and 438 spayed females for a total of 1,933 cases. One or more joint disorders were reported in 6 percent of both intact males and intact females. This measure was significantly increased to 13 percent for males neutered before 6 mo. ($p < 0.01$). In females spayed at <6 mo. and 6–11 mo., the risk of a joint disorder was 11–12 percent for each period ($p < 0.01$, spay periods combined). The occurrence of cancers followed was 8 percent and 6 percent, respectively, for intact males and females. Neutering at the various ages was not associated with any evident increased risk in the cancers. The occurrence of MC in intact females was 1 percent and for those spayed at 2–8 years, 2 percent. For females left intact, 2 percent were reported with PYO. UI was reported at a low rate (2–3%) in females spayed at various ages though 1 year. Given the significant occurrence of joint disorders in males neutered at <6 mo., the suggested guideline for males is neutering beyond 6 months. For females, given the increased risks of joint disorders with spaying through 11 months of age, the suggested guideline is delaying spaying until beyond a year of age.”

Additional Research Articles

Determining the optimal age for gonadectomy of dogs and cats

Doi: <https://doi.org/10.2460/javma.231.11.1665>

Current perspectives on the optimal age to spay/castrate dogs and cats

Doi: <https://dx.doi.org/10.2147%2FVMMR.R.S53264>

Long term Health Effects of Neutering Dogs: Comparison of Labrador Retriever with Golden Retriever

Doi: <https://doi.org/10.1371/journal.pone.0102241>

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