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.

**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)

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.

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