HEARTWORM REST SURVIVAL PLAN

For the months when your dog feels fine and isn't allowed to act like it.

MY VET'S DATES

Diagnosis: _____

Antibiotic starts: _____

Injection 1: _____

Injections 2 and 3: _____

Rest ends (vet clears): _____

Retest (no sooner than 9 months after the last injection): _____

THE REST ZONE

- ☐ Crate she already likes, or a small gated room
- ☐ Thick bed and a blanket from home
- ☐ Water bowl she can't flip
- ☐ 2 kinds of long-lasting chews
- ☐ Lick mat and a frozen food toy
- ☐ Fan or white noise
- ☐ Window film or closed blinds
- ☐ Leash by the door

CALM ENOUGH

- Snuffle mat meals
- Lick mats
- Frozen stuffed toys
- Settle cue, chin rest, nose touch
- Music or audiobooks

TOO MUCH

- Fetch and tug
- Scatter feeding
- Rolling puzzle toys
- Visitors and play dates
- Off-leash yard time

POTTY BREAK RULES

- Leash on before the door opens
- 1 spot, then straight back in
- Chew ready for the first play bow
- Doorbell chime off

CALL YOUR VET

- Any new cough
- Skipping meals, fever or unusual tiredness
- Swelling at the injection site that keeps growing

GO NOW: fast or labored breathing at rest, spitting up blood, pale or bluish gums, collapse.

MY DOG'S NORMAL

Resting breaths per minute: _____

Count 30 seconds while asleep, then double.

Vet's number: _____ **Emergency clinic:** _____

BY THE NUMBERS

About 3 months: standard treatment protocol

6 to 8 weeks: rest after the last injection

9 months: earliest retest

Sources: Moorhead and Duke, Today's Veterinary Practice, 2025; Donnett, Veterinary Practice News, 2026.

letthembedog.com/blog/adopting-a-heartworm-positive-dog

This article shares what we have learned from our own experience. It is not medical advice, and we are not veterinarians. If you have any concerns about your dog's health, please check with your vet.