

The Puppy Health and Veterinary Visit Organizer

Contacts, records, and questions for every appointment

ABOUT THIS GUIDE

An organized record-keeping workbook for veterinary contacts, identification, medical history, vaccination and preventive care, medication records from your vet's instructions, sensitivities, appointment notes, and emergency information. It is not a substitute for veterinary care.

Part of The New Puppy Survival Kit.



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Keep this organizer with your puppy's vaccination card and bring it to every appointment.

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Health and veterinary visit organizer

Keeping your puppy's health records in one place means you can answer questions quickly, share accurate information in an emergency, and show your vet a clear picture between visits.

This organizer is a record-keeping tool. It is **not** a substitute for veterinary care, and it does not contain vaccination schedules, medication doses, or diagnoses. Ask your veterinarian for the schedule, doses, and treatment plan that suit your puppy.

URGENT SYMPTOMS

If your puppy has trouble breathing, collapses, has seizures, is bleeding heavily, has been poisoned or may have swallowed something harmful, or seems very unwell, contact an emergency veterinary clinic immediately. Do not wait to fill in this journal first.

WHAT IS INSIDE

- ☐ Contact details for your regular and emergency clinics
- ☐ Identification and microchip details, medical history, and appointment notes
- ☐ Vaccination, preventive care, medication, and allergy records
- ☐ Questions to ask and symptoms to report, plus an emergency sheet and visit checklist

CONTACTS

Clinic and emergency contacts

Fill this in before you need it. Keep a copy on your phone and on the fridge.

REGULAR VETERINARY CLINIC

Clinic name _____

Veterinarian's name _____

Phone number _____

Address _____

Opening hours and after-hours instructions _____

EMERGENCY VETERINARY CLINIC (OUT OF HOURS)

Clinic name _____

Phone number _____

Address and directions from home _____

Approximate drive time _____

OTHER CONTACTS

Breeder or rescue contact _____

Pet insurance provider and policy number (if applicable) _____

Poison helpline number (check your local service) _____

IDENTIFICATION

Identification and microchip details

If your puppy is microchipped, the details must be registered and kept up to date with the chip database. Check the registration with the database directly, since a chip only helps if its contact details are current.

Puppy name _____

Date of birth or estimated age _____

Sex and whether neutered or spayed (if applicable) _____

Breed or mix (as known) _____

Coat color and markings _____

Microchip number _____

Chip database and registration date _____

Date the chip registration was last checked _____

TAG AND COLLAR DETAILS

☐ Name and phone number on the ID tag, checked this month

☐ Photo of the puppy saved on my phone

HISTORY

Existing medical history

Record what you know from your breeder, rescue, or previous owner, and anything that has happened since. Write “unknown” where you are not sure.

Item	Details	Source
Birth and early life		
Parents’ health screening (if known)		
Illnesses or injuries before arrival		
Parasite treatments given before arrival		
Surgeries (for example, neutering)		
Known allergies or sensitivities		
Vet records received from the breeder or rescue		

PREVENTIVE CARE

Vaccination and preventive care

Record each vaccination, parasite control, or other preventive treatment as given. Ask your veterinarian for the schedule that is right for your puppy and your area. Write the due dates as your vet tells you.

Date given	Vaccine or treatment	Batch or lot (if recorded)	Next due (as advised)	Given by

Keep the vaccination card or certificate with this organizer. Bring it to every appointment.

MEDICATION

Medication record

Record only medications your veterinarian has prescribed or recommended, using the instructions on the label and from your vet. Do not add medicines from memory or from the internet. Ask your vet to confirm any change.

Medication (as labeled)	Prescribed by and date	Dose and frequency (as directed)	Start and end date	Doses missed or notes

NEVER STOP OR CHANGE WITHOUT ADVICE

If you think a medicine is not working, or your puppy has a reaction, speak to your vet before you change the dose, timing, or treatment.

SENSITIVITIES

Allergy and sensitivity observations

Some puppies react to foods, plants, medicines, or environmental triggers. Note what happened, what your puppy was exposed to, and the time, so you can describe it accurately to your vet.

Date and time	What your puppy came into contact with	What you noticed (for example, itching, redness, or vomiting)	What you did	Vet contacted?

- ☐ Note any new food, treat, or product before the reaction
- ☐ Take a photo of visible skin changes, with the date
- ☐ Contact your vet for any concerning reaction, particularly breathing difficulty, swelling of the face, or collapse

APPOINTMENTS

Appointment notes

Write down what the vet tells you while it is fresh. Note the date, the reason for the visit, the findings, and any follow-up.

Date of visit _____

Reason for visit _____

Weight recorded (if weighed) _____

Temperature or other measurements (if recorded) _____

WHAT THE VETERINARIAN SAID

INSTRUCTIONS AND FOLLOW-UP

Next appointment or recheck date _____

QUESTIONS

Questions to ask at appointments

Prepare your questions before the visit. You can ask any of these, and add your own.

- ☐ Is my puppy growing and developing as expected for their breed or mix?
- ☐ What vaccinations and preventive treatments are due, and when?
- ☐ What parasite prevention do you recommend for my area and lifestyle?
- ☐ What signs should make me call you, and what counts as an emergency?
- ☐ Is my puppy's food suitable for their age and size?
- ☐ When should my puppy be neutered or spayed, if at all?
- ☐ What dental care do you recommend, and how often?
- ☐ Are there any behaviors I should bring to your attention?
- ☐ What socialization precautions do you recommend in our area?

MY OWN QUESTIONS

OBSERVATION

Symptoms and behavior to discuss with your vet

Some changes are worth a call. The list below is not complete. If you are worried, call your vet, even if the sign is not on this list.

Area	Examples to report
Urgent (contact an emergency clinic now)	Difficulty breathing, collapse, seizures, heavy bleeding, suspected poisoning, unresponsiveness
Call your vet the same day	Repeated vomiting or diarrhea, not eating for a day, limping, a swollen belly, eye or ear discharge, a sudden change in drinking or urination
Discuss at the next visit	Itching, coat changes, weight changes, unusual tiredness, behavior changes, or anything you are simply unsure about

MY OBSERVATIONS

Date	What I noticed	When it started	Did it change?	Discussed with vet?

KEEP THIS HANDY

Emergency information sheet

Copy this page and keep it with your emergency contacts, and make sure anyone who looks after your puppy can find it.

Puppy name _____

Microchip number _____

Breed or mix and approximate age _____

Known allergies or sensitivities _____

Current medications (as directed by vet) _____

Regular veterinary clinic and phone _____

Emergency clinic and phone _____

Owner contact (name and phone) _____

Second contact (name and phone) _____

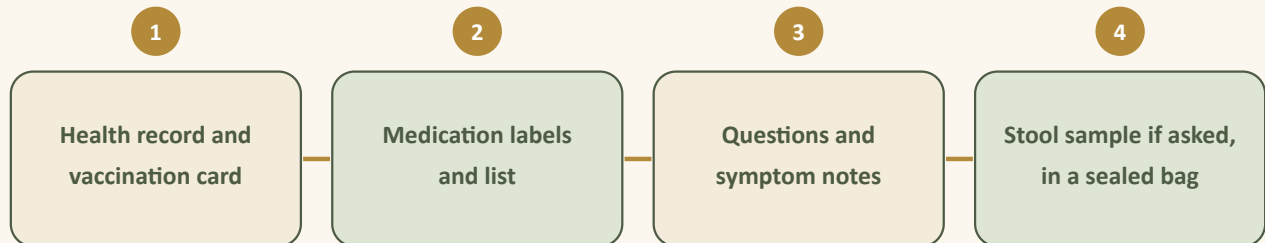
Pet insurance (if applicable) _____

IMPORTANT NOTES FOR EMERGENCY STAFF

PREPARATION

What to bring to a veterinary visit

A few items make the appointment more productive. Use this diagram as a quick checklist before you leave home.



Read left to right. Repeat the cycle at each session or check.

Bring these items to each visit. Ask your clinic if they need anything else.

- ☐ Your puppy's health record and any vaccination card
- ☐ The medication bottles or labels, and your medication record
- ☐ Your list of questions and symptom notes, with dates
- ☐ Your puppy's food packaging, so the vet can check the formulation
- ☐ A lead, and a secure carrier or harness for travel
- ☐ A stool sample in a sealed bag, if your vet has asked for one

CHECKLIST

Routine appointment checklist

Use this checklist each time you book a routine visit.

- ☐ Confirm the appointment time and the clinic's instructions
- ☐ Bring the health record and organizer pages, including the medication record
- ☐ Write down any changes in appetite, drinking, stool, energy, or behavior since the last visit
- ☐ Prepare your questions, and prioritize the most important ones
- ☐ Plan a calm arrival: arrive a few minutes early, with a lead and treats
- ☐ Ask the vet to explain any next steps, and write them down
- ☐ Book the next appointment before you leave, if advised
- ☐ Update this organizer as soon as you get home

VISIT SUMMARY

SOURCES

References

1. World Small Animal Veterinary Association (WSAVA). 2024 Guidelines for the Vaccination of Dogs and Cats. wsava.org/wp-content/uploads/2024/04/WSAVA-Vaccination-guidelines-2024.pdf
2. ASPCA Animal Poison Control. Toxic and Non-Toxic Plants. aspca.org/pet-care/aspca-poison-control/toxic-and-non-toxic-plants

Vaccine schedules, parasite control, and medicine doses must come from your veterinarian. This organizer contains no schedules or doses.