

A PRINTABLE PLAN FOR DOG OWNERS

What Did My Dog Eat?

An emergency action plan for collecting the right details, making the call, and following professional guidance.



EMERGENCY ACTION PLAN

Stay calm. Gather facts. Call promptly.

Keep this guide where everyone in the household can find it. Fill in the contact page before an emergency happens.

IMPORTANT

Educational information only. This guide does not replace veterinary advice, poison-control guidance, diagnosis, or treatment.

A calm plan for a frightening moment

Do not wait for symptoms when a known toxin, medication, chemical, or dangerous object may have been swallowed.

1

Remove access

Move your dog away from the item. Secure the package, food, medication, plant, trash, or spill so no more can be eaten.

2

Collect the facts

Write down the product, ingredients, amount that may be missing, time of exposure, your dog's weight, symptoms, medications, and health conditions.

3

Call promptly

Contact your veterinarian, an emergency clinic, or animal poison control. Early case-specific guidance may change what happens next.

4

Do not improvise

Do not induce vomiting or give milk, oil, salt, charcoal, food, or another home remedy unless a veterinary professional specifically directs you.

5

Follow instructions

Keep the package or a clear photo. Follow monitoring, travel, decontamination, and treatment directions even if your dog appears normal.

GO DIRECTLY TO EMERGENCY CARE

for choking, trouble breathing, blue or pale gums, repeated seizures, collapse, loss of consciousness, severe abdominal swelling, or rapidly worsening symptoms. Call ahead while someone else drives when possible.

The exposure worksheet

Fill in what you know. An estimate is more helpful than waiting for perfect information.

Your dog

DOG'S NAME

WEIGHT

lb or kg

AGE

BREED

HEALTH CONDITIONS

MEDICATIONS AND SUPPLEMENTS

What happened

PRODUCT OR ITEM

BRAND

INGREDIENTS OF CONCERN

ESTIMATED AMOUNT EATEN

TIME EATEN OR DISCOVERED

PACKAGE SIZE

CURRENT SYMPTOMS

☐ None seen☐ Vomiting☐ Diarrhea☐ Weakness☐ Wobbling☐ Tremors☐ Breathing change☐ Collapse

A SIMPLE CALL SCRIPT

My dog weighs _____ and may have eaten _____ at approximately _____. The product contains _____. I think the amount was _____. My dog is currently showing _____. Known medical conditions and medications are _____.

Symptoms and timeline tracker

Record what you observe while following professional guidance. Do not use this page to delay a call or emergency visit.

Digestive

Repeated vomiting, severe diarrhea, retching, drooling, abdominal pain, or a swollen abdomen

Neurologic

Weakness, wobbling, agitation, tremors, seizures, disorientation, or sudden collapse

Breathing and circulation

Pale or blue gums, labored breathing, choking, rapid heart rate, fainting, or trouble staying awake

Urination and thirst

A sudden change in thirst or urination, especially after grape, raisin, or similar exposures

Observation log

TIME	WHAT I OBSERVED	ACTION OR INSTRUCTION

Bring this log, the package, and any photos to the veterinary team.

The refrigerator reference

Write in your local contacts now. In an emergency, you should not have to search for the basics.

ASPCA ANIMAL POISON CONTROL

(888) 426-4435

Available 24/7. Consultation fee may apply.

PET POISON HELPLINE

(855) 764-7661

Available 24/7. Consultation fee may apply.

Local contacts

PRIMARY VETERINARIAN

PHONE

EMERGENCY CLINIC

PHONE

CLINIC ADDRESS

CALL NOW IF YOU SUSPECT

xylitol or birch sugar, grapes or raisins, chocolate or cocoa, onion or garlic concentrate, alcohol, raw yeast dough, caffeine, macadamia nuts, medication, chemicals, or another potentially toxic item.

Do not induce vomiting or give a home remedy unless a veterinary professional tells you to do so.

SOURCES AND REFERENCES

ASPCA Animal Poison Control: aspca.org/apcc | Pet Poison Helpline: petpoisonhelpline.com | FDA Center for Veterinary Medicine: fda.gov/animal-veterinary