



PM VET
CLINIC

New Pet Owner Handbook

A simple care guide for
puppies, kittens, dogs and cats



By PM Vet Clinic



First-week
care



Feeding



Hygiene



Grooming



Vaccination



Parasite
Prevention

Compassion • Care • Trust



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Welcome to Pet Parenthood

Bringing home a new pet is exciting, but the first few weeks are very important. Your pet may need time to adjust to a new home, new people and a new routine.

This handbook is created to help you understand the basic care your pet needs and when to seek veterinary help.



This guide will help you with:



Monitoring your pet during the first few weeks



Knowing emergency warning signs



Feeding your pet correctly



Avoiding harmful foods and items



Managing hygiene, bathing and grooming



Understanding vaccination and parasite prevention



Reducing stress for your new pet



Tip: Keep this handbook on your phone so you can refer to it anytime.





Your Pet's First 2 Weeks at Home

The first 2 weeks are an important monitoring period. During this time, observe your pet closely for signs of illness or stress.

Watch for:

- ✓  Poor appetite or refusing food for more than 24 hours
- ✓  Vomiting or diarrhoea
- ✓  Changes in bowel movement or urination
- ✓  Sneezing, coughing or nasal discharge
- ✓  Watery eyes
- ✓  Breathing difficulty
- ✓  Weakness or unusual behaviour
- ✓  Being unresponsive



If your pet seems unwell:

- 1 Keep your pet calm and comfortable
- 2 Isolate from other healthy animals
- 3 Contact your veterinarian promptly



Vaccination reminder

If your pet remains healthy during the 2-week monitoring period, bring them in for vaccination.





When to Visit a Vet **Immediately**



Some symptoms should not be monitored at home.
Contact a veterinarian immediately if your pet shows
any emergency signs.

Emergency signs include:



Difficulty breathing



Repeated vomiting



Severe diarrhoea



Unable to urinate



Seizure



Sudden collapse



Pale gums



Blood in vomit, stool or urine



Suspected toxin ingestion



Important: Early
treatment can prevent
serious complications.
When in doubt, contact
your vet.



Emergency tip:

Save your nearest PM Vet Clinic
contact number in your phone.





Feeding Basics



A balanced diet helps your pet grow, maintain a healthy weight and stay active.

Good feeding habits:



Feed a balanced and nutritious diet



Follow the feeding guide on the food packaging



Avoid excessive treats and table scraps



Keep feeding time consistent every day



Change food gradually over 5–7 days



Clean food and water bowls daily



Use separate bowls for multiple pets



Always provide fresh filtered water



Avoid giving heavily seasoned, oily or artificially coloured food and kibbles.





Feeding Frequency & Healthy Weight

1. Feeding Frequency

Pet Age Group	Recommended Frequency
 Puppies & kittens under 6 months	 3–4 meals daily
 Adult dogs & cats	 2 meals daily

2. Healthy Body Condition

Ideal weight



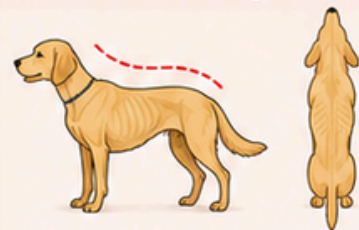
Visible waistline.
Ribs can be felt but not seen.
Abdomen is tucked when viewed from the side.

Overweight



No visible waistline.
Ribs are difficult to feel.
Round abdomen and lower activity level.

Underweight



Ribs, spine or hip bones are visible.
Little body fat and low energy.



Tip: Ask your vet to assess your pet's body condition during routine visits.





Foods & Items to Avoid

Some human foods and household items can be dangerous for pets.



Chocolate



Grapes
and raisins



Garlic
and onions



Cooked
bones



Fatty and
greasy foods



Dairy
products



Alcohol and
caffeine



Xylitol
(artificial sweetener)



Chemicals and
cleaning products



Certain plants
and flowers



Human medications
including Panadol



If accidental ingestion happens, contact your veterinarian immediately. Do not wait for symptoms to appear.





Toilet & Hygiene Care

Good hygiene keeps your pet comfortable and helps prevent infections.



For Cats



Clean litter box daily



Prepare one litter box per cat, plus one extra



Place litter boxes in quiet and accessible areas



Use unscented litter whenever possible



For Dogs



Start pee pad or toilet training early



Practice leash walking



Be patient and consistent



Reward good behaviour



Training reminder: Pets learn best through routine, patience and positive reinforcement.



Bathing & Grooming

Bathing and grooming help keep your pet clean, comfortable and healthy.



1 Bathing



Cats:

Cats usually do not need regular baths unless they are dirty.



Dogs:

Dogs may be bathed once weekly or as needed.



Bathing tips:



Use pet shampoo only



Rinse thoroughly



Dry your pet properly after bathing



Avoid leaving the coat damp, as this may cause skin issues

2 Regular Grooming Checklist



Clean ears



Brush teeth



Trim nails



Brush fur to reduce shedding and matting





Parasite Prevention

Parasites can affect your pet's skin, coat, digestion and overall health. Monthly prevention is recommended.



Parasite prevention tips:



Use reliable veterinary-approved products



Choose products suitable for your pet's age and weight



Avoid unknown or unverified brands



Follow your vet's advice for indoor and outdoor pets



Keep prevention consistent every month



Examples of veterinary-approved products:

NexGard Combo and NexGard Spectra.



Reminder: Never use dog products on cats unless advised by a veterinarian.





Vaccination Guide

Vaccination helps protect your pet from serious infectious diseases.

General Vaccination Guide



Puppies and kittens may begin vaccination from 6–8 weeks old



Pets below 6 months old usually need several initial doses



Pets above 6 months old may need fewer initial doses



Rabies vaccination is recommended from 3 months old onwards



Annual booster vaccination is important for continued protection



Vaccination protocol for Cats



Type of Vaccine	Age at First Vaccination	Initial vaccination Protocol	Revaccination
Core Vaccine include: Feline Panleukopenia Virus/ Parvovirus (FPV), Feline Herpesvirus-1 (FHV-1), Feline Calicivirus (FCV), Chlamydia felis	As early as 6 weeks old	4 doses, 3–4 weeks apart	Repeat annually
	2 months old	3 doses, 3–4 weeks apart	Repeat annually
	Above 6 months old	2 doses, 3–4 weeks apart	Repeat annually
Non Core Vaccine: 1. Rabies 2. Feline Leukemia Virus (FeLV)	Above 3 months old	Single dose	Repeat annually
	2 months old	2 doses, 3–4 weeks apart	Repeat annually



Vaccination protocol for Dogs



Type of Vaccine	Age at First Vaccination	Initial vaccination Protocol	Revaccination
Core Vaccine include: Canine Distemper (CDV), Canine Parvovirus (CPV), Canine Adenovirus (CAV), Canine Parainfluenza virus (CPIV), Leptospira canicola, Leptospira icterohaemorrhagiae	As early as 6 weeks old	4 doses, 3–4 weeks apart	Repeat annually
	2 months old	3 doses, 3–4 weeks apart	Repeat annually
	Above 6 months old	2 doses, 3–4 weeks apart	Repeat annually
Rabies (compulsory)	Above 3 months old	Single dose	Repeat annually
Bordetella oral vaccine (based on lifestyle & risk) • Recommended for those frequently attending boarding, grooming, daycare, etc	2 months old	Single dose	Repeat annually



If your pet is vaccinated at PM Vet Clinic, reminder notifications may be provided.





Neutering, Stress Prevention & Contact

1 Spaying & Castration

Neutering is recommended after your pet has completed vaccination, unless advised otherwise by your veterinarian.



Recommended age:
Cats and dogs — from **5 months old**



Large breed dogs —
around **1 year old**

Benefits of neutering:

- ✓ Prevents overpopulation
- ✓ Reduces risk of certain cancers
- ✓ Prevents pyometra, a serious uterine infection
- ✓ May improve some behaviour issues
- ✓ May help increase lifespan

2 Preventing Stress

Help your pet settle into the new home gently.



Introduce your pet slowly to new environments



Gradually introduce other pets



Provide a quiet resting area



Avoid too many visitors at once



Avoid sudden changes in routine

3

Your pet's health starts with good daily care, regular prevention and early veterinary attention when something seems wrong.



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