

Complete UK Pet Health Checklist (2026)

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Daily Health Checks

- - Check food and water intake is normal for your pet
- - Observe energy levels and general behaviour
- - Monitor toileting habits for any changes
- - Check for signs of pain, limping, or discomfort
- - Ensure fresh water is available at all times

Weekly Health Checks

- - Examine eyes for redness, discharge, or cloudiness
- - Check ears for odour, redness, or excessive wax
- - Inspect coat and skin for lumps, bumps, or irritation
- - Check gums should be pink and moist, not pale or red
- - Look at paws and nails for cracks, overgrowth, or injury
- - Run your hands over the body to feel for unusual lumps

Monthly Health Checks

- - Weigh your pet and record the result
- - Check parasite prevention is up to date (flea, tick, worm)
- - Inspect teeth for tartar buildup or broken teeth
- - Review diet portions are appropriate for weight and age
- - Check collar or harness fit has not changed

Annual Health Tasks

- - Book annual veterinary health check
- - Review and update vaccinations

- - Discuss parasite prevention plan with vet
- - Review diet and nutrition for life stage changes
- - Update microchip details if you have moved
- - Review pet insurance policy and coverage

Emergency Warning Signs

- - Difficulty breathing or rapid breathing
- - Collapse or inability to stand
- - Seizures lasting more than 5 minutes
- - Severe bleeding that does not stop
- - Suspected poisoning (call vet immediately)
- - Bloated or distended abdomen
- - Unable to urinate for 12+ hours

Keep your vet contact details and nearest emergency clinic number saved in your phone.