

Preparation = Peace of Mind

Pre-Foaling Checklist

Foaling can happen fast. Being well prepared helps keep your mare, foal, and care-givers safe and stress-free.

Take Care of Maternity Health Care

- Pre-foaling vet-check appointment
- Vaccinations up to date
- Deworming plan followed

Prepare Foaling Area

- Clean, disinfected stall
- Deep, clean bedding (straw preferred)
- Good lighting and ventilation
- No sharp edges or hazards
- Veterinarian contact info posted

Assemble Foaling Kit Supplies

- Clean towels
- Gloves
- Tail wrap
- Antiseptic solution
- Thermometer
- Flashlight
- Notebook and pen

Be Ready for an Emergency

- Veterinarian contact saved in phone
- Phone charged
- Emergency transport plan in place



Before Foaling: Monitor Your Mare

Perform daily checks as the due date nears, progressing to every few hours overnight:

- Watch for udder changes and relaxation
- Note behavioral changes

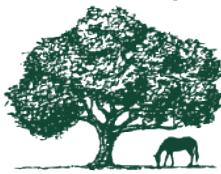
Most mares foal without issues but knowing what's normal — and when to call the vet — can make all the difference.

After Foaling: Follow the “1-2-3” Rule

- Foal should stand within **1** hour.
- Foal should nurse within **2** hours.
- Mare should pass placenta within **3** hours.

If any of these three time-markers are not met, contact a veterinarian immediately!

Steinbeck Peninsula Equine offers foaling out services, so if having your mare foal out under the experienced care of our veterinarians makes your life more stress-free, contact us any time.



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