Pre-foaling

- My mare has a body condition score ≥ 5 and is current on vaccines, farrier & dental work.
- I have tools to help me predict when my mare will foal.
- I prepared and disinfected a foaling stall.
- I have a schedule for myself and/or my staff, so my mare is monitored & someone is present when she foals. Everyone can access a cordless phone or cell phone.
- I have up to date healthcare records for my mare and created a new record for the foal.
- My foaling kit includes:
  - Stethoscope
  - Digital thermometer
  - Tail wrap
  - A sturdy flashlight with extra batteries
  - A list of emergency contacts and phone numbers
  - A watch or timer to monitor the progress of the foaling
  - A pen and notebook to record timing/any observations

Foaling

- Stage I: Mare's contractions have started. This lasts 1-2 hours and ends when the sac breaks & fluid comes out (i.e. her water breaks).
- Stage II: After her water breaks, the pearly-white membrane (the amnion) should appear. The foal’s 2 front feet and a nose should follow, and the foal will be expelled. This should last 10-20 minutes.
- Stage III: The placenta is expelled. This should last 1-3 hours.

Call your vet if you see:
- Lack of progress, e.g. any stage lasts longer than normal
- A red bag instead of the pearly-white amnion
- The foal in an abnormal position
- Evidence of hemorrhage
- Only parts of a placenta are expelled or the placenta is not expelled after 3 hours

Post-Foaling

- My foal is standing within 1 hour.
- My foal is nursing within 2 hours. Confirm the foal is latched on and swallowing milk.
- My foal has passed first stool & mare has passed the placenta within 3 hours.
- My mare & foal have had a vet check.
- My foal has had an IgG test.

Call your vet if your foal:
- Is weak or lethargic
- Does not nurse, urinate or defecate
- Has abnormal vital signs (e.g. fever, pale yellow mucous membranes)
- Has swollen joints
- Has diarrhea