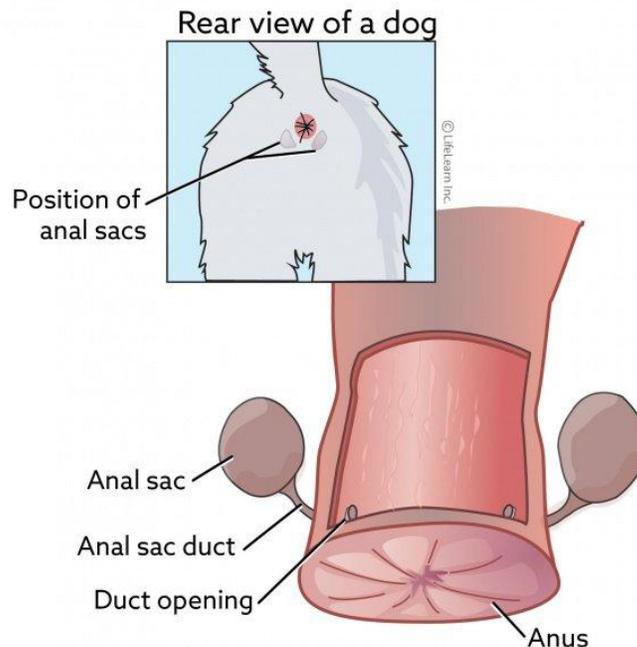




ANAL GLAND EXPRESSION

Anal glands are two sacs located on either side of the anus at four o'clock, and eight o'clock positions. These are usually expressed during defecation or stressful episodes.

Your pet's anal glands may need regular expressions to avoid becoming too full and being at risk of infection or in more extreme cases, rupture. Different factors contribute to whether or not regular expressions are needed, such as diet, stool consistency, and overall composition.



<https://vcacanada.com/know-your-pet/anal-sac-disease-in-dogs>

How do I know if my pet is irritated?

- Scooting.
- Licking the rear end.
- Foul, fishy smelling discharge.
- In more extreme cases, you may see inflammation and redness.

How do I express anal glands at home?

- Equipment required include:
 - Gloves.
 - Lubricant such as vaseline.
 - Paper towels.

- A safe scent spray or wipe to follow if desired.
- With someone holding your dog standing with one arm under the abdomen, and one around the chest area, gently insert your index finger into the anus.
- Feel for the glands at four o'clock and eight o'clock. They can vary from pea-size to large grape-size.
- Place your index finger at the base of the gland internally, and use your thumb externally to stabilise the gland.
- Perform a milking motion with your index finger moving towards you. It may be challenging to start the expression if the opening duct is blocked. Continue the motion gently until the plug frees. Continue until the gland is empty.
- Repeat with the other side. You may wish to rotate your same hand, or swap.
- Do not squeeze the gland too hard, as you risk rupture. If you are having difficulties, contact the Veterinary Clinic and book an appointment.

The contents of anal glands can vary. Some variations may be a yellow or brown liquid, or a paste-like consistency. You may also observe a 'gritty' texture.

When to contact the Veterinary Clinic:

- Your pet seems excessively agitated or in pain during expression.
- You observe inflammation, redness, or thick discharge from the area.
- You observe a thick yellow or green coloured liquid when expressing.
- There is blood in the expressed contents.
- If you are unsure about any part of the process.

https://www.youtube.com/watch?v=krld3XJCV_c for canine