



# Zimzala K9 Training

Zimzala Canine Estate  
Broadway Boulevard, R44  
Stellenbosch, 7614  
[amanda@zimzala.co.za](mailto:amanda@zimzala.co.za)  
082 579 2831

## Weekly Pregnancy Progression

### Week 4

#### CONFIRM GESTATION

When you reach day 25 after mating, during week four, you can visit your vet. An ultrasound should be able to confirm if your girl is expecting. Your vet should be able to give a good estimate of how many puppies there is, though this prediction of litter size will most probably not be exactly accurate. It will also be the opportunity to check for abnormalities, your vet should be able to discern if there is any obvious abnormalities or issues with the pregnancy.

You can also use a blood test to confirm your dog's pregnancy by checking the level of Relaxin in your dog's system. Relaxin is a hormone that is only created by the placenta, thus it's presence will definitely confirm pregnancy. However, an ultrasound should provide you with sufficient and more complete information.



Week 4 is an exciting time in the embryo's development. It sees the formation of the eyes, spinal cords, the facial features develop, and organs form. It is also a very sensitive time, as this is where the embryos are very susceptible to developmental defects.

Outward signs of being pregnant may be a clear vaginal discharge, breasts begin to slightly enlarge, especially at the nipple base and the colour can become slightly pinker.

You should keep your dog on its normal diet, perhaps with a slight increase in food by adding higher quality protein on alternating days such as egg or cottage cheese. You should be more careful when it comes to walks and play, you don't want to expose her to strenuous exercise, though she should remain active. You just want to be extra careful that she does not over exert herself. If you see a lack of appetite and lethargy, consult your vet.