

- **Regular checks.** If your dog frequently suffers with blocked anal glands, they may require regular vet/veterinary nurse visits to have them checked. You will quickly become an expert at spotting the signs of an anal gland problem developing.
- **Fibre.** Adding extra fibre to your dog's diet can help to firm-up and bulk-out their poo. As a result, when your dog goes to the toilet their stool will press on the anal glands and help to empty them. Sugar free bran flakes or bran powder is often the best way to add fibre to your dog's diet. Speak to your vet for more information.

FAQ's

Should I have my dogs anal glands emptied routinely?

Not unless there is a problem. If your dog has healthy anal glands, leave them alone, there is no need to have them examined or emptied unless they are causing discomfort.

Should I have my dog's anal glands emptied at the groomers?

It's common for anal gland squeezing to be offered at grooming parlours but it's unnecessary unless there is a problem. Always seek veterinary advice before having your dog's glands emptied.

How do I empty my dog's anal glands?

If you want to learn how to empty your dog's anal glands yourself, speak to your vet for advice. It should never be done without instruction and can cause serious problems if done incorrectly.

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