

Foaling Supplies

- Terry cloth towels—bath towel or half-size bath towels
- Stainless steel bucket
- Liquid soap such as Ivory, Dawn or Joy
- Roll cotton
- Baling twine or strong string
- Scissors
- Enemas (any enema safe for children is fine; a phosphate enema is best)
- Tincture of iodine* or Nolvason solution for dipping navels
- Small containers or 60 cc plastic syringe cases (for dipping foal's navel)
- Umbilical clamps or rubber bands (if foal's navel bleeds more than normal)
- Obstetrical sleeves or plastic rectal sleeves
- Disposable tail wrap or gauze bandage for wrapping tail
- Disposable latex gloves
- Obstetric lubricant or K-Y Jelly (not mineral oil)
- Small blanket or old down vest (should you have to keep the foal warm on a cold night)
- Flashlights & batteries (in case of power failure)
- Cell phone or cordless phone
- Phone numbers of vets, experienced foaling person (post near phone!)

* If you decide to use iodine to dip the navel, ask your vet which strength he or she recommends. Some vets use 2 percent; others prefer the stronger 7 percent iodine.

Watch for these changes in your mare, which indicate signal she is getting closer to foaling:

- Udder fills out and become more dense
- Muscles over croup and tail head loosen and relax in preparation for birth
- Mucus discharge (a small amount of dense white or off-white colored mucus plug)
- Restlessness, pacing, pawing, change in behavior