

WILDSIDE VETERINARY HEALTH CENTER

CARE SHEET: BOX TURTLE



Environment:

- Temperature: You need two thermometers - one on the basking spot (90-95f), one on the cold side (70-75f)
- Reptiles cannot regulate their body temperature on their own, that is why it is so important that the temperature is perfect.
- Sand as substrate can cause impaction, so paper towels or reptocarpet is recommended.
- You may also use clean top soil, leaves, moss or cypress mulch as substrate.
- The hiding spot should be kept in the cold side
- About ½ of the enclosure should have water (a large shallow water bowl can do the trick).

UVB Light

- 5-0 It has to be on 12h daily
- The lightbulb has to be changed every 4-6 months (even when it is bright and beautiful the UVB is just not there anymore)
- Without UVB light the calcium cannot be properly absorbed/metabolized.

Diet

- Box turtles are omnivores. They do not need to eat on a daily basis. It is normal for them to eat about 3x a week once fully grown.
- Protein - 50% of their diet:
 - Properly gut loaded crickets are the best for them
 - Crickets have to be smaller than the space between their eyes.
 - How to gut load crickets: Starve crickets for 8h, keep only the gel water in the cage (some of them will die). After that feed the crickets for a whole hour (feed the crickets with veggies with high vitamin A). Once they have eaten, offer them to the pet for 45 minutes to one hour. The crickets that have not been eaten should be removed from the cage.
 - Mealworms every once in a while is OK. The best worms to offer are the black soldier fly larvae. Earthworms are also a good protein source.
- Vegetables - 40% of their diet:
 - Salad: romaine lettuce, herbs, dandelion greens, collard greens, turnip greens, mustard greens, bell peppers, zucchini, summer squash. Kale/spinach no more than once a week.
- Fruits - 10% of their diet:
 - Cantaloupe, raspberries, strawberries, blueberries, watermelon are good options.
- If your animal is picky you may do ground beef or chicken meatballs with veggies mixed in it.

Supplements:

- Calcium without vitamin D3- once daily

Find us at: www.wildsidevet.com

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- Calcium with Vitamin D3 - once every other week
- Multivitamin- once a week

Soak

- Shallow warm water for 15 minutes
- Healthy animals 4 times a week is ideal.