

**WILDSIDE VETERINARY HEALTH CENTER**  
CARE SHEET: LEOPARD GECKO



**Environment:**

- Temperature: You need two thermometers - one on the basking spot (90F), one on the cold side (75-80f)
- 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.
- The dry hiding spot should be kept on the cold side.
- The moist hide should be kept in between the cold and hot side. Use sphagnum moss inside the hide and mist it with water twice daily, change it once weekly.

**UVB Light**

- 5-0 - The lamp has to be on 1 hour in the morning and 1 hour in the afternoon
- 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**

- 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.
- Fresh water all the time

**Supplements:**

- Calcium without vitamin D3- once daily
- Calcium with Vitamin D3 - once every other week
- Multivitamin- once a week

**Soak**

- Shallow warm water for 15 minutes
- Healthy animals 3 times a week is ideal.