



# LIZARD Care Sheet

Eastern Blue Tongue

*Tiliqua scincoides*

Occur throughout eastern and northern Australia where they occupy a wide variety of habitats ranging from temperate lowland grasslands, dry grassland and woodland, and coastal plains.

## Temperature

Day time air temperature 30 - 35°C, night time should not be lower than 18°C. The Eastern Blue Tongue should be able to regulate its body temperature in a basking spot (range of 30°-40°C) on the floor of the vivarium. **Reptile One Daylight Basking Lamp** or **Reptile One Fan Heater** positioned over the selected basking spot is ideal; the soft air movement created by the Reptile One Fan Heater circulates the air in the vivarium more efficiently, the wattage size of the lamps are determined by the size of the vivarium and internal décor. The Eastern Blue Tongue tends to be more active in the late afternoon/early evening. We recommend to use the **Reptile One Night Heat Lamp** when the **Reptile One Daylight Basking Lamp** has been turned off. To keep your Blue Tongue warm at night, place a **Reptile One Heat Mat** under a **Reptile One Cave** or **Log**, this will allow the Blue Tongue to settle on the mat while feeling protected by the ornament. The **Reptile One Heat Mat** can be left on all the time so do not position directly under the **Reptile One Basking Lamp**. The heat mat should not be greater than 25% of the floor area.

## Enclosure

Reptile One have a range of enclosures and cabinets that are suitable for Blue Tongues. We suggest a minimum size for juveniles would be 60cm and adults 90cm with a choice of glass or timber finishes. The aesthetic properties of the **Reptile One Bedding for Lizards** will provide an ideal substrate and allow for ease of cleaning up after your Blue Tongue. Your Blue Tongue will benefit from the inclusion of artificial plants to provide shade areas in the vivarium similar to the lizard's normal environment.

## Backgrounds

The range of Reptile One artificial rock backgrounds allow you to choose a natural look for your vivarium.

## Ornaments

A choice of Reptile One decorative rocks and tree branches will give you the ability to provide sloping basking sites and are easy to clean.

*Adult size (including tail):  
Approximately 450-600mm*

## Diet & Feeding

Blue-tongues are basically omnivorous requiring a balance of insects (crickets, cockroaches, mealworms), snails, slugs or earthworms and a mix of green and red vegetables (spinach, coloured lettuce, tomato, red or green peppers, mushrooms or rose petals). Occasionally some boiled egg can be added to the mix, fruits will also be taken with relish, some Blue-tongues will develop preferences so try a range of fruits like; apple, banana, pear, fig, melon, plum, kiwi fruit, raisins or strawberries, depending on what is in season. Food is best offered to Blue Tongues in the late morning through to midday, after they have had time to bask and have become active. Food can be left in the enclosure until the Blue Tongue has finished eating. It is best to remove leftovers as soon as possible that day. Blue-tongues will prefer their food presented in a shallow bowl. We suggest to feed juvenile Blue Tongues 5 times per week while adults can be fed 3 times per week. Water dishes should be stable and replenished daily.

## Lighting

**Reptile One Fluorescent Reflector** with a **Reptile One UVB5.0 Tube** positioned 30cm above the basking spot, will provide useful UV to enhance dietary calcium absorption and vitamin D3 production essential to Eastern Blue Tongues.

## Handling

It is recommended before purchasing your Eastern Blue Tongue to have a demonstration on the best way to hold juveniles and adults. **IT IS IMPORTANT TO WASH YOUR HANDS BEFORE AND AFTER HANDLING.**

## Important

Seek advice from a specialist reptile veterinarian for all health issues.

It is illegal to remove native reptiles from the wild in Australia without the appropriate Government permits, please check your states regulations on the appropriate permits to enable you to keep captive bred reptiles.

*Please do not release any captive reptiles into the wild as this will disrupt the natural order of our environment.*

*This information is brought to you by  
Reptile One and Aquarium Spare Parts*