



Preparing for your Pet's Veterinary Visit

Adapted from Fear Free Happy Homes
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Hungry is good. If medically appropriate, reduce the amount of food your pet eats before a veterinary visit. This can help prevent nausea with car travel as well as make the treats at the veterinary visit more appealing.

Treat bonanza. Bring 50 to 100 of your pet's favorite treats but in tiny amounts. Cut them up if necessary. Your pet likes a variety of treats? Bring an assortment! Even your cat's canned food might do the trick. Treats should be no larger than half a pea or a single lick. You might not use all of them, but it is better to have too many than not enough.

Favorite toys and a grooming brush. Bring some familiar items your pet likes. This will help your pet relax in the veterinary hospital. The veterinary team may ask you to use these items to help distract your pet during the visit.

Calming pheromones. Spray or wipe the carrier with calming pheromones like Feliway for cats or Adaptil for dogs. Lavender is also a soothing scent but remember – if you can smell it, your aromatherapy may be too strong and may be making your pet nose-blind and more fearful.

Make sure your pet is acclimated to a carrier, crate, or seatbelt harness and is not stressed by travel confinement. Visit our website at www.critterhospital.com/links for some species specific training tips for making travel better.

Bring samples with you. It is always a great idea to bring a stool sample with you to the vet for wellness visits and especially for any concerns with vomiting or diarrhea. Any old bag will do, just make sure the sample is fresh or has been stored in the refrigerator for a maximum of 24 hours before bringing it. If you have any concerns about your pet's urination, it is helpful to catch a first morning urine sample in a clean Tupperware the morning of the visit. For many pets, it is too frightening to use the bathroom in a strange place so it can be harder to get these samples at the clinic.

Budget plenty of time to avoid being rushed. If you are stressed, your pet will be too.

If your veterinarian has prescribed any anti-nausea or anti-anxiety supplements or medications, make sure to give them as prescribed.

Talk to your veterinarian if you think anti-nausea or anti-anxiety supplements or medications would help your pet have a more pleasant veterinary experience.