



Tips to make visiting
the veterinarian easier
for you and your cat

**Few things inspire as much dread as
a visit to the veterinarian –
both for cats and their owners.**



**Almost 30% of cat owners say their
cat is afraid of veterinary visits***

*(*PDSA, Online survey 2013)*

As a result, more cats are not getting their annual exams,
and are therefore missing out on critical medical care.

This brochure was created to help make the clinic experience
less stressful, so your cat can get the treatment it needs to
live a long and vibrant life.





Pre-Visit Prep

The most critical part of the vet visit is what happens before your cat leaves the house.

Preparing for your Visit:

The Car

The car can be very stressful, especially when it's only used to transport your cat to the scary vet! By taking your cat for regular drives where the vet isn't the destination, they will gain a more positive association with car rides. Remember to keep the car at a comfortable temperature and to play calming music (such as classical).

 **TIP** Get your cat used to the car! They may end up liking it.

The Carrier

Make the carrier comfortable for your cat, and keep it out and open as if it's part of your regular furnishings. Work with your cat to think of it as their safe space, and be sure to not use it exclusively for vet visits, boarding and other travel-related activities. A cozy towel and their favorite toys can also make the carrier more enticing to your cat.

 **TIP** Make the carrier a favorite resting place for your cat.

Positive Reinforcement Training

Help your cat associate the carrier with a pleasant experience by rewarding them with high value treats and positive reinforcement when they enter it.

 **TIP** Use treats as a reward!

Consider medication or supplements

Discuss medical options with your veterinarian if your cat is not responsive to calming techniques and practice.



TIP

For best results, some supplements should be started 24-48 hours before the appointment.

Prepare your questions in advance

To minimize time at the clinic, write down any questions or concerns ahead of time and bring those to your visit.



TIP

Keep a notebook and pen on hand for about a week before the visit, and jot down any questions or concerns that come to mind.

Stay Calm

Stay calm—no matter how stressful the pre-visit process becomes. By keeping your actions and voice neutral, your cat will feel reassured that this is a normal event.



TIP

Cats pick up on the energy around them. Stay calm and positive!



At the Clinic

These tips can help keep your cat calm before and during the examination.

- ▶ **Ask to be scheduled at a time that's slower for the clinic.** To minimize the chance of encountering other animals, request a time in between other appointments or during cat only hours.
- ▶ If neither option is available, ask about waiting in your car until an exam room is available.
- ▶ **Bring your pet to the appointment hungry.** Your veterinarian can use treats throughout the exam to keep them calm.
- ▶ **Talk to your cat in a soothing voice** during the examination and offer lots of praise.
- ▶ Use the proper carrier techniques after the visit is over, even if you are in a rush to leave. **It's important to calmly place your cat back in their carrier.**
- ▶ **Talk to your veterinary staff!**
Expressing any concerns before, during and after the visit is critical to building a more comfortable relationship.





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