



## Introduction

In an ideal world our pets would be able to travel with us all the time or have care at home in their familiar environment. The reality is that sometimes that is not possible and we choose to board our pets. Planning and preparation can ensure your pet is more comfortable during their time away from home.

## Zylkene®

Zylkene is a non-drowsy calming supplement. Zylkene helps your pet cope with stress brought on by disruptions to their normal environment, such as boarding.



Further information is available upon request from:

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BOARDING GUIDE



# Managing your pet's stress when boarding



BROUGHT TO YOU BY

# Zylkene®

Uprooting your pet from their safe place can be a stressful time for them – here are some tips to help make their stay less stressful.



## Preparation in Advance

Some aspects of preparing your pet for boarding begin well in advance and right at home:

- ▶ **Consider a trial run.** Before dropping them off for an extended stay, consider a partial day or 24 hour test. If your pet becomes stressed, you can discuss with your vet and create a game plan.
- ▶ **Test out any new sleeping gear.** If your pet is used to sharing your bed, you may try to get them to test out any new sleeping gear before taking it to their boarding appointment (if allowed). This also ensures the bed or blankets already has their scent on them, which can be comforting.
- ▶ **Visit your veterinarian.** Remember to make sure your dog or cat is up to date on all their shots and tests and is in good health before considering boarding. Talk with your vet during the visit about any concerns you may have about boarding.

- ▶ **Test out any medications or supplements prior to boarding.** If your vet recommends anti-stress nutraceuticals or medications, make sure you do a trial run in advance to see how your pet reacts. You may need to adjust the dosage or switch to something else if you aren't seeing the results you expect.

## Evaluate the Facility

- ▶ **Take a tour.** If this is your first time boarding your pet, make sure to tour the facility before dropping them off. Some facilities offer different kennel sizes or themed rooms, which are best gauged in person. While visiting, always ask about what you can and can't bring from home for your pet's stay.
- ▶ **Ask about optional services to make your pet's stay more fun.** Many boarding facilities offer additional play time, doggy day care, or walks. Incorporating activities into your pet's stay can help them relax.

- ▶ **Discuss the facility's emergency policies.** In the event that your pet experiences a medical emergency, gets in a fight or needs veterinary attention, make sure you fully understand their procedures and any additional costs that you might incur.
- ▶ **Meet the staff.** Ensure you are comfortable with the people your pet will be interacting with and ask about their staffing during off hours (overnight, weekends).
- ▶ **Book early.** Book your pet's stay early and confirm your reservation as your trip gets closer.

## The Day of Checklist

- ▶ **Bring small comforts from home.** If allowed, bringing your pet's bed, toys, and treats can make the boarding facility feel more like home. For cats, ask if the facility will allow you to bring their personal litterbox.
- ▶ **Keep their diet the same.** Changing your pet's diet abruptly can upset their stomach. Although many boarding facilities will provide food if needed, bringing your pet's own food with directions regarding how much to feed and what time of day is best.
- ▶ **Bring your pet's medical records.** If your pet is on any medication, don't forget to pack it with dosing instructions.



**Relax.** Calming supplements, like Zylkene, are available to help pets cope with the environmental changes and new noises boarding brings to their routine. Ask your veterinarian about providing Zylkene during their stay!