



# Tips for Your Cat's Stress-Free Veterinary Experience!

1. Please bring your cat in to the clinic in a carrier. This allows your cat to feel safe, while also protecting them from contact with any dogs that may be in the reception area when you arrive.

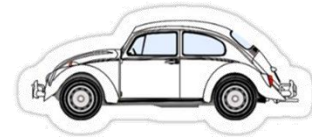
## Before the Appointment

- Try to get your cat comfortable with the carrier by setting it out somewhere in the house that your cat can freely access it. You may want to place treats/toys inside to encourage your cat to enter the carrier on its own, and make a positive association with the carrier.
- You may also want to try a shorter car ride with your cat in its carrier prior to your trip to the vet. This is especially helpful for kittens to learn that traveling is not a negative activity.



## Carrier Selection and Set Up

- Look for the following qualities in a carrier:
  - Large size: Allows for adequate room for your cat to move/turn inside the carrier
  - Removable top: Allows for us to easily remove the top to access your cat, instead of trying to pull them out or dump them out in a scary/awkward manner
  - Comfort: Place a comfortable blanket inside the carrier to keep your cat comfortable and warm (especially in the cooler months!)
    - Tip: Bring an extra towel to drape over the carrier to make your cat feel extra secure and safe!
  - Pheromones: Spray the carrier with calming pheromones (Feliway) prior to your trip



2. Ask about pre-visit anti-anxiety or anti-nausea medications, if your cat has historically been nauseous in the car, or if they experience fearful or aggressive behaviours at the vet.



3. Consider having your cat skip the meal prior to their appointment. This can help as your cat may be more food motivated during their appointment, allowing us to distract them with treats while examining or performing treatments.