

## *HELPFUL HINTS BEFORE, DURING AND AFTER YOUR PETS APPOINTMENT FOR A LOW STRESS TRIP TO THE CLINIC*

- **PET HANDLING**

- Spend time handling your pet's paws, mouth, ears and lifting the tail. Many animals instinctively shy away from handling these areas. Routine handling may help your pet when it comes time for our staff to handle him or her in such a way.

- **CARRIER FAMILIARITY**

- If you are bringing your pet in a carrier, you may find these tips helpful:
  - Take the carrier out of storage several days before using it.
  - Try to play with and treat your pet near or inside the carrier to make it a happy place.
  - Pick up some Feliway (cat) or DAP (dog) pheromone spray and spray the carrier inside and out.
  - When time to bring in for the appointment, cover the carrier with a towel or blanket (also spray with Feliway or DAP) to minimize stressful sights and noises in the car or the clinic.
  - When returning home, let the cat or dog come out of the carrier at his or her own pace. Do not force, pull or dump the pet out.

- **CALMING AGENTS**

- Consider some over-the-counter pet calming supplements that are available at many pet stores. These include: Rescue Remedy or Tryptophan

- **CLINIC FAMILIARIZATION**

- Feel free to make non-appointment trips to the clinic with your pet. These "happy" visits can help familiarize your pet with travel to the clinic and the clinic itself.

- **TREATS**

- Please bring your pet in with an empty stomach. Treat motivation can help your pet focus on good things (treats) while we examine and treat him or her. We have plenty of treats at the clinic, but if your pet prefers certain treats, or can only tolerate specific treats, please bring plenty of them to your appointment and notify our staff accordingly. While treat intolerance may be noted in the medical record, the visit starts in the reception area, and some treats may be given prior to accessing the medical record. Please don't be shy about communicating treat concerns!

- **MEDICATIONS**

- If your pet continues to be overly stressed about coming into the clinic, speak with the doctor about prescription medications that can be given prior to the appointment to help reduce anxiety or stress.