

## INFORMATION SHEET: VISITING THE VET

Bringing your cat to the vet can be stressful for both you (the owner) and your cat. A few simple measures can make the visit to the clinic much easier for all concerned.

### 1. Food and Treats

- Do not feed your cat before your visit. Some cats suffer from motion sickness and may vomit during the journey if they have a full stomach. It may be necessary to perform tests or administer sedatives during your appointment and it may not be safe to do so after a recent meal.
- Please bring some of your cat's favourite treats with you, food may help relax your cat during the appointment but always check with the vet or nurse before you give any treats.

### 2. Cat Carriers

- Choose a robust cat carrier suited to the size of cat, preferably top opening or a carrier that you can take the top off, to make it easier to lift your cat into it.
- Leave the cat carrier out at home and encourage your cat to spend time in the carrier by placing treats and toys in it.
- Putting something that smells of home (e.g. an item of the cat's bedding) and the cat's favourite person in the household (e.g. a t-shirt worn by that person the day before the visit) in the carrier will reassure your cat during travelling. You could also use Feliway® (pheromone) spray in the box (at least 30 minutes before travelling).
- If your cat has already developed a negative association with the carrier, try wrapping your cat securely in a towel (with the cat carrier out of site) to allow safe placement in the cat carrier. If you cannot access the carrier from the top, try gently putting your cat in backwards through the front opening (most cats find going head first into a confined space with no route of escape frightening and may put up a struggle).
- Although young kittens may feel more settled travelling with a litter mate, most adult cats prefer to travel alone in their own carrier.

### 3. The Journey

- Place the cat carrier securely in the car (fasten with seatbelt if possible), cover it with a towel or blanket and drive carefully to avoid sudden bumps and braking.
- Keep the radio volume low and talk in a calm, reassuring voice to your cat during the journey.
- Walk slowly and carefully from the car to the clinic to avoid bumping your cat around in the carrier.
- Please come in and ask for assistance if you need help carrying your cat in from the car or if you are bringing more than one cat.

### 4. At the Clinic

Our waiting room is designed to make things as comfortable as possible for both you and your cat. We have large sofas for you to relax on with space for your cat carrier to be placed next to you without risk of it falling off if your cat moves around! The sofas are positioned so that your cat will not be able to see other cats, however your cat may prefer to have the carrier covered with a towel or blanket (we can supply one if you forget to bring your own).

### 5. Your Return Journey & When you Arrive at Home

- The same advice applies for your return journey.
- If you have other cats at home they may not appreciate the different smells your cat has picked up during their visit to the clinic (particularly if they have had to stay in the clinic). When you arrive home with your cat, stroke and rub all the cats faces without washing your hands between cats to mix their smells.

**Most importantly, stay calm as your cats will pick up on their owners stress, tension and anxiety!**