

How to Make the Trip to the Veterinary Hospital Fear Free™

All of the members of the staff at the Martin Clinic are **Fear Free™** certified professionals.

Our goal is to make your pets veterinary visit as **Fear Free™** as possible. One thing you can do is to ensure that your pet arrives at the clinic in a calm state of mind. **The following steps will help you and your pet arrive in one piece and in peace.**



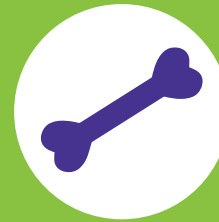
Your pet should voluntarily go into a

carrier or crate or wear a seatbelt harness. For more information about training cats and dogs to be comfortable in crates see our **Crate Training Your Dog** guide and our **Helping Your Cat Love Their Carrier.**



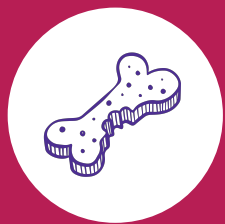
Avoid feeding your pet a full meal

for 3-4 hours prior to car travel. This helps decrease the chance of nausea due to car sickness or anxiety. It also ensures that your pet is hungry when you arrive at the clinic.



Bring some of your pets favorite

treat or toys and be prepared to provide them before, during, and immediately after their veterinary care. This teaches the pet to associate veterinary care with something wonderful.



If your pet is scheduled for surgery, dentistry or other procedure requiring sedation or anesthesia then you should avoid feeding treats prior to the visit.



Give any prescribed anti-nausea or anti-anxiety supplements or medications as prescribed by your veterinarian.

SPCA OF TEXAS
WWW.SPCA.ORG



Prepare the car so it promotes a calming environment. You can achieve this by using the following tips & tricks:

Play calming music or pop in an audio book.

- Apply calming pheromones, such as Adaptil for dogs or Feliway for cats. Apply 8 to 10 sprays of a calming pheromone to the bedding in your pet's carrier. For dogs coming to the vet on leash, apply the pheromone to a bandana that your dog can wear around its neck. Apply pheromones 10 to 15 minutes before your pet enters the carrier or car.
- Cool or warm the car to a comfortable temperature before putting your pet inside.
- Properly secure carrier/crate in the vehicle.
- A nonslip surface should be in and under carrier/crate or on the car seat.
- Place a pheromone-infused towel or blanket over the carrier, leaving one side uncovered for ventilation.
- The floorboard behind the passenger seat is the most secure location for a small pet carrier.
- Secure large crates or carriers to prevent sliding.
- To prevent carsickness, accelerate slowly from a stop, allow extra distance between other vehicles to prevent sudden braking, and take turns slowly.



Cats should be resting comfortably in their carrier before being placed in the vehicle. Walk dogs to the car on leash. Like cats, small dogs can get in the carrier indoors & be carried to the car.

- When transporting your cat or small dog in a carrier, minimize movement. If possible, support the carrier from the bottom, with one side resting against your chest. This helps your pet to feel more secure and ensures that he isn't eye to eye with other animals as you walk into the lobby of the veterinary hospital.



Cats need 5 to 10 minutes to feel safe

& to adjust to their new surroundings.

If you cannot avoid waiting in the lobby, place your cat's carrier on an elevated surface & cover the front & two sides with a pheromone-infused towel.



If your pet is especially afraid or stressed about other animals, or coming into the clinic, leave them in the car, come to the front desk of the clinic and let the staff know you have arrived. They can instruct you to bring your pet in when they can take you directly to an exam room.

SPCA OF TEXAS
WWW.SPCA.ORG