

# Tips to help reduce stress in our feline friends **before** their visit to the vets.



**Heene Road Vets**  
the perfect fit for your pet

At Heene Road we understand cats can become stressed very easily when bringing them to us. We are now becoming a Fear Free Practice in the hopes of reducing your cats fear and anxiety & importantly your own stress as well.



Below are a few steps you can follow beforehand to ensure your cat is fear free before even walking through the door.

## Cat carrier

If your cat resists going in the cat carrier leave it out at least a week if not longer before and place a blanket with familiar smells in the base. Over the coming week or so gradually start to feed your cat near the carrier and eventually in the basket, so your cat associates good things with the carrier.

## Nutracalm & pheromones

Nutracalm is a natural nutritional food supplement which is formulated to naturally calm our anxious pets & is a great to use in the lead up to a vet visit along with the use of plug in pheromones eg Feliway Plug In

## Prepare the carrier

Bring your cats favourite blanket or toy along to the visit as something familiar is a great way of reducing stress. Cover three sides of cat carrier so they can see out a little if they want to.

## Pheromone Spray

eg Feliway Spray-apply this at least 15 minutes before you place your cat into their basket to allow the alcohol to evaporate

### Worthing

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## Prepare the car

At least 10-15 minutes before hand acclimatise the car to a comfortable temperature. Play calming music (Some say cats like classical music) Make sure the cat basket is stable and secure.



## The Journey

Stay calm and Don't rush. Leave with plenty of time as cats can pick up our anxiety so if we are stressed most likely they are too.

When you have arrived at the vet surgery, sometimes its best to wait with your cat in the car until the appointment so as to not add further stress.

When you come into the surgery, cats feel safer if you hold the carrier at the sides or underneath rather than swing it by the handle

Most importantly **do not feed your cat prior to vet visit** so we can feed them yummy treats

## Very anxious cats

We now have medication which will allow very fearful cats to be relaxed & calm during their visit to the vet. It is given 2 hours before their appointment. If you feel you cat would benefit please don't hesitate to ask us to talk to you about these drugs.

Hopefully together we can now achieve a fear free experience for your cat & a relaxed visit to the vet for you.



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