

Your veterinary team needs your help to make your pet's visit as Fear Free as possible. One thing you can do is to ensure that your pet gets to the veterinary hospital in a calm state of mind. The following tips will help you and your pet arrive in one piece and in peace.

- Your pet should voluntarily go into a carrier or crate. Give any prescribed anti-nausea or anti-anxiety supplements or medications as prescribed by your veterinarian.
- Cats should be resting comfortably in their carrier before being placed in the vehicle.
- When transporting your pet in a carrier, minimize movement. If possible, support the carrier from the bottom, with one side resting against your chest, as if you are carrying a fragile gift. This helps your pet to feel more secure and avoids eye to eye contact with other animals as you walk into the lobby of the veterinary hospital.
- Prepare the car so it promotes a calming environment.
 - * Play calming music (calm classical works well) specially composed for cats and dogs, or pop in an audio book.
 - * Apply calming pheromones or scents such as lavender. 6 to 8 sprays of a calming pheromone or 2 or 3 sprays of a diluted lavender scent will suffice. Apply 10 to 15 minutes before <animal> enters the carrier or car.
 - * Cool or warm the car to a comfortable temperature before putting your pet inside.
- Make sure the carrier/crate is properly secured in the vehicle
 - * Non-slip surface 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.
- Avoid feeling rushed. If you are stressed, your pet will sense this and may become stressed.
- To prevent car sickness, accelerate slowly from a stop, allow extra distance between other vehicles to prevent sudden braking, and take turns slowly.
- Be matter of fact, and don't speak to your pet in a sing-song voice. If you are calm, happy and relaxed, your pet will be, too.
- Cats need five to ten minutes to adjust to their new surroundings and feel safe. If you would like, you may notify the veterinary hospital team when you arrive and then rather than bringing your pet into the veterinary hospital to wait, you can call the front desk and let them know you are in the parking lot. They can call or text you when the exam room is ready. If you cannot avoid waiting in the lobby, place your pet's carrier on an elevated surface and cover the front and two sides with a pheromone-infused towel. When in the exam room, you can open the carrier and allow your pet to leave the carrier voluntarily to explore the new surroundings.

We look forward to your visit!

The team at Family Pet Hospital
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