



Welcome to your Fear Free Veterinary Visit. What do we mean when we say that a veterinary visit is Fear Free?

We are taking lots of measures to make every effort to reduce and fear, anxiety any stress related to our veterinary examinations and procedures. We want you and your pet to have the best and most enjoyable experience that we possibly can by taking care of their emotional needs as well as their medical ones.

One thing you can do to help your pets is to ensure they get to the practice in a calm and relaxed state of mind. The following tips will help you achieve this.



For Cats

1. Get your cat reacquainted and comfortable with their cat carrier. Leave the carrier out in areas that your cat frequents. Leave the door open or even take the top half off to allow your cat to explore it in their own time.
2. Put a cosy bed into the carrier to make it comfy and inviting.
3. Periodically spray the bed with cat specific calming pheromone called Feliway. These pheromones are detected by your cat and act to calm and relax them. This is available in the practice for you to purchase if you wish
4. Spend time with your cat around the carrier creating a positive experience. You can play with them using fun toys, cat nip toys are great for this. You can also use tasty treats in and around the carrier. You can even teach your cat to enter the carrier on cue to earn a super tasty treat.
5. 30 minutes before departing for your vet visits, spray Feliway onto the bedding in the cat carrier.
6. During transport cover 3 sides and the top of the carrier with a Feliway sprayed towel. This gives your cat the choice of hiding in comfort or gives them a view out, whichever they find the most pleasant.
7. The day of your vet visit, if medically appropriate skip a meal and bring them hungry. This reduces car travel nausea and often encourages them to enjoy the treats we will give them.
8. Carry your cat carrier like precious cargo holding it in front of you with both hands. This gives the cat a far better ride than holding it by the handle which will often cause swinging and rocking.
9. Place the carrier on the level in your car. Either place it in the back on the floor behind a front seat or on a seat propped up so it is level
10. When you arrive at the practice, take a seat in our cat only waiting room. Cats feel most comfortable off the ground and not in close proximity or sight of another cat. We have specially designed cat parking for them to meet these needs.
11. If you feel that your cat needs additional assistance to help reduce any previous stress or anxiety we can provide you with pre-visit pharmaceuticals. These come in the form of natural calming products as well as traditional medications. These are very safe and extremely effective.

For more information please ask any of our staff.