



generosity breeds joy.

Trips to the Veterinarian Made Easy

A trip to the veterinarian's office can be scary, stressful and overwhelming for some pets. How can we change our pets' minds about going to the vet?

Dogs:

- Take a trip to the vet just to receive treats and hang out without anything "bad" happening.
- Use high-value rewards, like pieces of hot dogs or soft cheese, to distract your dog during the exam.
- Allow your dog to be where he is most comfortable during the exam, for example, the exam table vs. the floor.
- Bring a soft blanket or bed.
- When at home, practice touching or holding your dog while rewarding with food. For example, if your dog does not like his feet picked up, touch his paw and then offer a reward. When he becomes comfortable, increase the length of time that you touch the paw.
- Identify what procedures or tools your dog finds uncomfortable. If your dog does not like the stethoscope, present the stethoscope and offer a high-value reward.
- Use safety tools to help your dog feel more comfortable and keep everyone safe. Muzzles are great tools for our dogs.

Cats:

- Cover your cat's carrier with a blanket or towel when in the waiting room.
- Set the carrier up high instead of on the floor.
- Once in the exam room, leave the carrier covered on the sides and open up the door. Place another towel in front of the carrier so your cat can step out on something comfortable.
- Spray [Feliway](#) in the carrier or on the towels.
- Avoid forcing your cat out of the carrier, instead try taking the top off and allowing her to stay in the bottom of the carrier.
- Use high value treats, like wet cat food or baby food, to distract during the exam.

Be sure to speak with your vet about your pet's fears and reactions so you can work together to make coming to the office a better experience for everyone.