

The Journey from Home

Visiting the vet can be a **stressful** and **scary** thing for kittens. The good news is that there are some steps you can take **right now** with your new little friend to make **future visits** more pleasant!



Step 1

Carrier Choice



- Enough space to lie down and turn around
- Two openings (e.g., top and side)
- Easily disassembled
- Padded with towel/fabric (old clothing is great!)

Step 2

Carrier Training



- Leave carrier in open location; allow kitten to become familiar with it (i.e., don't hide the carrier!)
- Feed and play with kitten near carrier
- Spray inside carrier with pheromones (e.g., Feliway) or use your own scent (old clothing)

Step 3

Play the vet!



- While playing, try to touch the feet and ears often so they are less sensitive to vet examinations
- Make the above interaction more positive with treats!
- Learn to recognise subtle behaviours of stress or fear (e.g., flattened ears, wide pupils, crouched stance)

Step 4

Transportation



- Before appointment, gently lure or coax kitten into carrier
- Avoid loud music or talking
- Ensure carrier is in stable position on vehicle (on the floor behind passenger seat is best!)
- Cover carrier with towel to block out visual stimuli

Step 5

At the Vet!

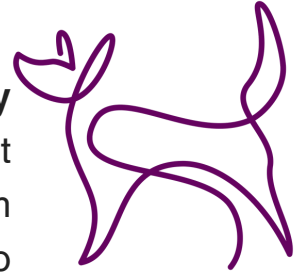


- When walking around with carrier, hold it close to your chest with both hands, like a fragile gift box
- Avoid getting too close to other patients in the waiting room!
- Review and discuss your tactics with a vet

Head to our website for more detailed info on how to recognise and minimise stress

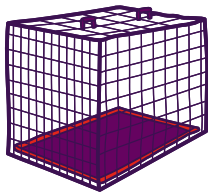
The Journey from Home

Visiting the vet can be a very **stressful** and **scary** experience for puppies. Luckily, there are things that you can do to create a more **positive experience** from your front door to ours. Many of these can be put into place from the day your puppy comes home.



Step 1

Restraint selection



- Cages and carriers
 - Enough space to stand, sit and lie down
 - Minimise slipping (use towels and mats)
- Harnesses
 - Connect to car seatbelt for security
- *Introduce your chosen restraint method the day your puppy comes home to allow them to get used to it*

Step 2

Play the vet!

- While playing, try to touch the feet and ears often so they are less sensitive to vet examinations
- Make the above interaction more positive with treats!
- Learn to recognise subtle behaviours of stress or fear (e.g. licking lips, yawning, refusing eye contact)

Step 3

Travelling to the vet



- Calm environment (play quiet music, spray calming pheromones)
- Comfortable temperature
- Careful driving to minimise nausea and instability
- *Regularly practice short drives in the car*
- *Provide treats or rewards for calm behaviour*

Step 4

At the vet!



- Limit and control interactions with other patients in waiting area
- *As well as visiting the vet for health checks and vaccinations, regularly visiting the clinic waiting room and providing treats can create a positive experience.*
- *Regularly handle your puppy, including touching their head, paws and legs to minimise stress when your vet examines them.*