



FEAR FREE VETERINARY VISITS FOR CATS



Sunrise Pet Clinic is committed to providing a Fear Free veterinary experience, to the best of our ability, for every pet we care for. Cats are notoriously stressed about coming in to the vet, so many people just wait until their cat is sick before they face the daunting, heart-wrenching experience. But cats need wellness exams as much as, ***if not more than***, dogs, since they hide their illnesses until they are critical! Here are some tips for getting cats into the clinic with less stress for both of you:

- ♥ ***Start these techniques with your kitten! If you have an adult cat, start today!***
- ♥ **Leave the cat carrier out for your cat to enjoy all of the time! It is best to start this process several weeks before you need to bring your cat to the clinic.**
 - Feed your kitty in the carrier
 - Every day, put treats, toys or catnip in the carrier for your kitty to discover
 - Keep soft, clean bedding in the carrier
 - Sometimes, cover the carrier with a towel or carrier cover
 - Put a spritz of Feliway in the carrier once a day
- ♥ **Wipe the carrier or spritz once with Feliway 30 minutes before travel**
- ♥ **Always carry the carrier from underneath**— never just use the handle. It's too much rocking and swaying!
- ♥ **Cover the carrier when traveling**— most cats would prefer not to see the world racing by while they are standing still!
- ♥ **Practice driving around the block or around town and ending up back home!**
- ♥ **If your cat is anxious around other pets, give us a call from your car when you arrive.** You can wait in the car with your cat until we are ready to bring you right into a private exam room.
- ♥ **Bring a blanket or bed with you** that your cat loves to lie on at home for a familiar and calming sight, feel and smell.
- ♥ **Bring a hungry cat and your cat's favorite treats with you to the clinic**
 - Give a treat when you arrive in the lobby and when moving to the exam room
 - Toss a few treats around the room to encourage exploration and natural hunting instincts- it lets off "steam"!
 - Save the rest for your technicians and veterinarian! This way, they will have more opportunity to give treats to help make the experience more pleasant.
- ♥ **Ask your veterinarian about anti-anxiety supplements or prescription medications** that can be given before the visit to help "take the edge off".
- ♥ **Consider additional short-acting sedation in the clinic if recommended.**
- ♥ **For emergency use only, ask us to show you how to safely get an unwilling cat into his/her carrier.**