

Tips for reducing stress when taking your cat to the Veterinarian

Bring out the cat carrier several days in advance so that your cat can familiarize him or herself with it. Make sure the carrier is of adequate size for your cat. A cat carrier that can easily be opened from the top is recommended since it often makes loading the cat in the carrier much easier. Put a towel or a blanket in the carrier to make your cat feel as comfortable and secure as possible.

Spray the carrier with Feliway at least 30 min prior to transport. Feliway is a synthetic copy of the feline facial pheromone, used by cats to mark their territory as safe and secure. You can do this in the days prior to the trip as well. You may also want to put a few treats in the carrier to entice the cat's interest.

On the day of your veterinary visit, remember to stay calm. Your cat will sense if you are stressed, anxious or frustrated, which may cause your cat to become fearful or anxious.

Put the carrier in a room with few hiding places and close the door to that room.

Talk to your cat in a calm reassuring voice while placing him or her in the carrier. If you have chosen a carrier with a "top loading" feature, gently pick him or her up, place him or her in the carrier and close the top securely.