

# Dealing with a visit to the vet

Whilst many pets love visiting the vets (and know where the treat jar is located!) it is understandably a stressful event for some. Even pets who love the vets may feel anxious at times, because ultimately, it's an unfamiliar environment with strange smells, sounds and sights. They also may be poorly when they visit and require procedures that cause minor discomfort.

## Top tips for any vet visit:

- Minimise stress on the journey (see our travel advice fact sheet).
- Allow your pet the opportunity to go to the toilet prior to the journey (e.g., take dogs for a walk).
- Make sure you have all the paperwork you need ready in advance to reduce your stress levels.
- Arrive on time, avoid being very early or late.
- Avoid taking multiple pets to the vet at a time if this tends to make them stressed.
- Keep dogs on short leads.
- Keep cats and small animals in secure carriers and place a blanket over exposed areas of the carrier (such as the front where it opens).
- Find quiet places to put animals in carriers (such as high up or utilising 'cat only' zones of waiting rooms).
- Only allow pets to interact if they are both comfortable to do so and only with the permission of other owners.
- Avoid running errands following your visit, take your pet straight home so they can relax.



## How to help pets who are anxious visiting the vets:

- ✔ Try to arrange vet visits for times when the practice is less busy (ask the receptionist when would be best).
- ✔ Consider waiting with your pet in the car until the vet or vet nurse is ready to see you (you can ring the practice on your mobile to inform them you have arrived).
- ✔ Make use of 'socialisation' visits which are offered by some practices during quiet times.
- ✔ Speak to your vet for advice on medications or nutraceuticals that may help.
- ✔ A qualified behaviourist can give you professional advice on behaviour training, particularly if your pet has other behavioural concerns that may be compounding the problem.

# Support behavioural balance



## How can I help my pet?

It is important to get your pet used to vet visits from a young age. For pets that have developed anxiety around vet visits, all is not lost and there are steps that can be taken to help! Behavioural training is an important step, as it can help reframe your dogs attitude towards vet visits, thereby reducing their feelings of anxiety.



## Stressed out, anxious pet?

Use **Alphazium TT** as part of your management strategy.

Find out more at

[www.tvm-uk.com/alphaziumtt](http://www.tvm-uk.com/alphaziumtt)

or speak to your vet