



# WATERHOUSE ANIMAL HOSPITAL, INC.

O F W O O D W A R D P A R K

At Waterhouse Animal Hospital we are doing everything we can to make you and your cat's visit to the veterinarian less stressful. While we are making some changes in the hospital, keeping your cat companion calm for the veterinary visits begins at home. Here are ways you can help:

**1. Get your cat used to the carrier-**

*If you are able to leave the carrier out at home all the time, leave it somewhere safe so that your cat learns to trust it. Feed the cat in the carrier and/or give it treats in the carrier so it becomes a positive place. If you can't leave it out all of the time, bring it out a few days before your vet appointment and provide your cat treats within the carrier.*

**2. Get the right carrier-**

*Purchase a carrier that allows us to access the cat from the top (either a hard-sided carrier where the top comes off or a soft-sided carrier that has a zipper around the top). When removing the cat from the carrier, take it out from the top. When purchasing the carrier, make sure that it's not so large that the cat can walk around in it. Cats feel safe in compact spaces.*

**3. Carry your cat's carrier correctly -**

*When walking with the carrier, do not hold the carrier so that it is down by your knees rocking with each step. This can be extremely stressful for a cat. Try to hold the carrier up at chest level and keep the ride in the carrier as smooth as possible. If the carrier is too large to carry up high, it is likely too big for the cat.*

**4. Use Feliway-**

*Feliway is a pheromone spray that is scentless for humans, but can help calm your cat. You can purchase Feliway wipes and spray. Wipe down or spray the carrier when it is sitting out (don't do it right before you put the cat in it as it can be a bit overpowering until it dries). When taking our cat to the vet, spray a towel with Feliway and place it over the carrier.*

**5. Decrease stimuli-**

*Every loud noise, sudden movement or new sights can be a big stressor for your cat. Try to decrease all of these things on your way to the hospital to the best of your ability. In the car keep the music at a low volume. Place a towel over the carrier (bonus if the towel has Feliway on it! See # 4 above) to decrease visual stimulus. When you arrive at the hospital, place the carrier on the bench next to you (rather than on the floor) and make sure the towel stays covering the carrier so that your cat can't see all the scary, unfamiliar things around it.*

If you have additional questions about how you can help make your cat's trip to the hospital less stressful, feel free to ask us. We want your cat's visit to the veterinarian to be as low stress as you do!