

Here are our Suggestions for Fear Free Veterinary Visits for Cats:

- Leave the cat carrier out for your cat to enjoy all of the time!

Feed your kitty in the carrier

Every day, put treats 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 ([Cat Cozy](#))

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 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 right back home!

Start these techniques with your kitten! If you have an adult cat, start Today!

- Bring your cat's favorite treats with you.

Give a bite when you arrive in the waiting room

Give a bite when you settle into the exam room

Toss a few around the room to encourage exploration and natural hunting instincts- it lets off "steam"!

Save the rest for your Pet Care Team! This way, they will have more opportunity to give treats to help make the experience more pleasant.

- Ask your Veterinarian for 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 needed.