

PRE-VISIT PHARMACEUTICALS

Have you ever dreaded going to the doctor? Had to psych yourself up to get yourself in the door at the OBGYN? Wished you could have a stiff drink before going to the dentist? While that last one is socially frowned upon, you don't have to inflict that same gripping anxiety on your cat.

Here are some non-medicinal things you can do for your cat to decrease the stress of travel:

Leave the cat carrier out and open for a few days prior to the appointment day. While a strange interior design choice, it allows your cat to desensitize to its presence prior to having to travel inside of it. You can also feed your cat in or around it for further desensitization. This will help avoid your cat seeing the strange carrier and immediately hiding in the most inconvenient spot right before you need to leave for their appointment.

Use calming pheromones such as Feliway sprays in the carrier. These won't suddenly make your cat a zen yogi, but they can decrease the stress level just a tad, and any little bit is helpful.

"Pre-visit pharmaceuticals" is a new term that describes various methods of medically calming your pet down before the vet visit. There are different medications and protocols out there, individualized for your personal cat's behavior. These include medications like gabapentin, trazodone, and pregabalin, among others. There is no set-in-stone protocol for these, but usually you give them to your cat 2-3 hours prior to their appointment, and sometimes one or two more times in advance if needed.

These won't solve all appointment anxiety, but they can significantly decrease the stress and fear the cat feels during travel and during their exam. Some cats still need additional sedation in the hospital, but for a lot of cats, the above recommendations are sufficient to do everything safely and without causing panic to your cat. In the hospital, your cat is alert and active, but will usually take a good nap once they get home and their cortisol levels lower.

Please talk to us if you have any questions about relaxing your cat before a vet visit! We want all our feline friends to have as much comfort, and as many snuggles, as possible.



Meow



It's kitten
SEASON!

July 4th is coming quickly and fireworks can be a source of fear and stress for many cats. Here are some tips to keep our kitties safe. Keep your cats indoors prior to the start of fireworks and noise. Make sure they have hiding places and maybe a separate room so they cannot bolt out the door. Use white noise / fan / TV to mask the noise from the fireworks. If your cat has a history of anxiety during loud events, contact us to discuss sedatives or anti-anxiety medications that may help them feel more comfortable throughout the holiday. Have a safe and happy July 4th!



NAME : **Westley**



HEBRON
CAT HOSPITAL 