



UNIVERSITY OF MINNESOTA

VETERINARY MEDICAL CENTER

Tips for Low-stress Veterinary Visits

Primary Care Service

1. At home, get your cat comfortable with the carrier:
 - Leave the carrier out with the door open in a frequented place, like the living room or bedroom.
 - Make it homey by placing a soft, plush blanket in there, a few fun toys, cat nip, and some yummy treats. It can take a while for your cat to start considering the carrier a preferred place.
 - Check it daily to see if anything needs to be replaced.
 - Prior to leaving your house spray the carrier with Feli-way, a pheromone that can help reduce stress.
 - Consider covering the carrier with a towel to help keep your cat calm. This will also block your cat's vision of seeing other pets when they arrive at the clinic.
2. When at the clinic:
 - Place the carrier off of the floor so the cat can see you and won't be disturbed by dogs walking by the carrier.
 - In the exam room, open the door to give your cat the option of exploring the exam room.
3. When coming home:
 - If there are other cats awaiting your arrival, keep the returning cat in his/her carrier for a few minutes to let everyone smell and reassess each other.
 - If you are worried about the "welcoming" you can keep the returning cat in another room for at least 24 hours to acclimate to the household. Even if they were friends before, your returning cat is coming back with new smells and the cats are wondering what the heck happened!

If at any point you have questions or concerns give us a call at 612-626-VETS (8387) or email at pcvet@umn.edu.