

# Catawba Animal Clinic

## 2241 India Hook Rd. Rock Hill, SC 29732

### **Ways to make your dog's visit less stressful:**

Just like us, dogs can become quite apprehensive about travel, especially travel to the vet!

Catawba Animal Clinic is glad to be part of the Fear Free initiative which helps minimize fear, anxiety and stress for our patients when they come to our office. We know that even for us, going to the doctor is not always our favorite activity, but there are many steps we can take together to make our pets' visits more fun and less stressful. We are proud that our professional staff is certified in Fear Free techniques, and we are happy to provide information that can really make a difference in helping our patients and their families have a more positive experience at the vets!

Here are a few tips:

1. During your pet's examination we'll offer tasty treats to help your dog enjoy the visit. Coming to the office with an empty stomach can increase their interest in the treats as well as minimize car sickness issues, so we recommend no food for a few hours prior to their appointment.
2. For small dogs, using a properly-designed pet carrier provides safe transport. Please keep the carrier securely fastened in the car so that it doesn't shift around as you drive.
3. For larger dogs, use a secure collar and leash that your dog is already used to wearing.
4. Dog-specific calming scents can really help; many people spray them on a bandana and place it around their dog's neck or on their bedding in the carrier.
5. Keep the radio volume down to a soothing level. Just like us, too much noise can make them more apprehensive.
6. We'll escort you and your dog into a private room as soon as possible. Please let us know if your dog tends to be especially anxious or apprehensive around other pets.
7. Please let us know if your pet has been particularly anxious in the past during veterinary visits or if there are any special things that have made those visits more pleasant. (Some pets seem to prefer women or men, and some seem more at ease with their family in the exam room while others seem more nervous...we'll do anything we can that helps them be happier during their visit with us.)

During your dog's visit we will use gentle techniques to reduce stress and anxiety and to make the experience as positive as possible. We have designed our canine exam areas to meet their instinctive needs allowing us to provide proper medical care for them in a safe, gentle, and effective manner.