



# Your Cat's Check-Up *Preparation Checklist*

Routine wellness exams are vital for giving your kitty the long, happy, and healthy life he or she deserves. August 22nd is **National Take Your Cat to the Vet Day** – a perfect opportunity to schedule your cat's routine check-up. Many cats dislike going to the veterinarian. Reduce the stress with the veterinary visit for both your cat and yourself, and ensure that you are well prepared, by following the checklist below.



### **Make your cat's carrier a "home away from home"**

Leave the carrier in a room where your cat spends time so they can become comfortable and familiar with it before the visit to the veterinarian. This will take some time, so be patient. It will make getting your cat into the carrier before the appointment easier.



### **Place familiar soft bedding or towels in the carrier**

Cats are most comfortable with the familiar, and need time to adjust to the unfamiliar. Bedding or clothing with your scent can make them feel more secure in the carrier. It can also be helpful to cover the carrier with a towel.



### **Consider using a synthetic feline facial pheromone**

Use a feline facial pheromone product and spray/wipe the carrier and towels/bedding 30 minutes before getting your cat in the carrier and leaving for the appointment to help keep your cat calm.



### **Jot down questions and a list of any changes you've noticed since your last visit**

Has anything changed with your cat's eating habits? Weight? Activity level? Behavioral changes can often be an indicator of a problem, and knowing about them can help your veterinarian fully assess your cat's health. Make a list beforehand so you don't forget to share during the visit. If this is your cat's first visit at the clinic, bring previous medical records.



### **Make an appointment at your veterinarian practice or consider a local Cat Friendly Practice®**

Veterinary clinics designated as a Cat Friendly Practice® (CFP) have taken extra step in assure they understand a cat's unique needs. These clinics have implemented feline-friendly standards, such as cat-only waiting areas and exam rooms and other ways to make vet visits less stressful for cats and their caregivers. To find a CFP near you, visit [www.catfriendly.com/find-a-veterinarian](http://www.catfriendly.com/find-a-veterinarian). Also, if you have a nervous kitty, ask the clinic for tips on reducing stress prior to the visit.

For More Information Visit:  
[www.catfriendly.com/cat2vetday](http://www.catfriendly.com/cat2vetday)  
[www.consciouscat.net](http://www.consciouscat.net)

