



# Your Cat's Checkup 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**. It's the perfect opportunity to schedule your cat's routine checkup! Many cats dislike going to the veterinarian, so follow the checklist below to reduce the stress associated with the veterinary visit and ensure you are well prepared.*



## **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, towels, or bedding 30 minutes before getting your cat in the carrier and leaving for the appointment to help keep your cat calm.



## **Jot Down Questions / List of Any Changes You've Noticed Since Your Last Visit**

Has anything changed with your cat's eating habits, weight, or 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 with Your Veterinarian / Consider a Cat Friendly Practice®**

Veterinary practices designated as a Cat Friendly Practice® (CFP) and veterinary staff members who have earned a Cat Friendly Certificate have taken extra steps to ensure they understand a cat's unique needs. These practices have implemented feline-friendly standards to make vet visits less stressful for cats and their caregivers. To find a veterinarian, CFP, and veterinary professional near you, visit [catfriendly.com/find-a-vet](http://catfriendly.com/find-a-vet). Also, if you have a nervous kitty, ask the practice staff for tips on how to reduce stress prior to the visit.

**More Information:**  
[catfriendly.com/cat2vetday](http://catfriendly.com/cat2vetday)

