



How to support your pet during their vet consultation



Owner behaviour and calmness

- ✓ Try to stay calm, as any anxiety pet handlers feel, can transfer to the pet.
- ✓ Be patient and avoid rushing.
- ✓ Allow pets to explore or settle on their own without forcing interactions.
- ✓ Provide reassurance, but don't over-fuss.



Use of calming aids



Pheromone products



Calming supplements



Medications

For more anxious pets, talk to your vet.
Use these aids at home or before travel to the vet.

Desensitisation and familiarisation

- ✓ Encourage visits to the clinic for non-medical reasons (socialisation visits).
- ✓ Practice handling and touching around ears, paws and mouth at home.
- ✓ Leave carriers or cat boxes out at home to let pets get used to them.
- ✓ Familiarise pets with travel methods, such as carriers or car rides.



Positive reinforcement

- ✓ Bring high-value treats and use them during or after the visit.
- ✓ Use rewards for calm behaviour to create positive associations with the clinic.



Pre-visit preparation



Avoid stressful events before the visit.



Train pets to wear muzzles or harnesses if needed.



Book appointments at quieter times to minimise stress.



Safe and comfortable environment

- ✓ Allow pets to have hiding spaces or safe zones, such as the car or blankets.
- ✓ Avoid dragging cats out of carriers; let them come out on their own.
- ✓ Use tools like lick mats, liver paste, or toys to distract and comfort pets.



Professional support

- ✓ Encourage consulting behaviorists for highly anxious pets.
- ✓ Suggest training programs or cooperative care consultations.



Select from NVS Calming Chews

Bacon-flavored calming treats

Made with the finest natural ingredients, suitable for cats and dogs. Serve whole or sprinkle on meals. These soft chews help promote relaxation during stressful moments like vet visits, thunderstorms, or car rides.



Scan the QR code to view dosage and ingredient information

