

Preparing for Your Vet Visit: Dogs



Before you Leave

□ Things to bring:

- o A suitable lead and harness/ collar for your dog. Extendable leads are not recommended for veterinary visits as you will need your dog under close control. Harnesses are the best way to keep your dog under control while ensuring they are kept safe and comfortable. It's best to get your dog used to these in advance.
- o High value treats to help maintain your dog's attention. NB Do not give your pet any treats if you have been asked to refrain from feeding your pet prior to treatment/procedures, and please do not, under any circumstances, bring raw meat treats into the practice.
- o A favourite toy to help maintain your dog's attention in the waiting room.
- o A familiar towel or blanket as a settle mat for the waiting room.
- o Calming tools e.g. Adaptil collars or Pet Remedy Spray – these products provide natural pheromones that help your dog to relax.
- o A muzzle if appropriate – many dogs find vet visits additionally stressful, muzzles can help ensure we're able to fully examine your pet and therefore support their recovery. Muzzles can also be useful for peace of mind for dogs who have a high prey drive – we see muzzles as a positive tool is used in the right way. We recommend training in advance of appointments – for more support with this ask our team.
- o Poo bags – you just never know when you'll need them!
- o Relevant records and documentation – if coming for a vaccination remember your dog's vaccination card. If you've been to another practice since you last saw us bring a copy of your dog's medical history or arrange for it to be sent over to us.

□ If your dog finds vet visits particularly stressful, discuss with the team in advance medication or other ways to support this.

□ Think finances – Tower Vets operate a policy of payment at the time of treatment. If you think finances may be an issue, please discuss this in advance with our team. If you have pet insurance, bring the documentation with you to speed this process along. Our Pet Health Plan also helps to spread the cost of preventative healthcare, take a look at this in advance of your visit.

□ Make a note of your pet's condition and any questions you have – keeping a note of any key details and changes including duration and when you first noticed the issue can really help focus your time with the vet. Making a note of key questions can also help you get the most out of your visit.

Travel to the Vet

□ If your dog is travelling in the car, remember to ensure your dog is restrained to ensure their safety. Dog seatbelts, crates or barriers can be used.

□ If it's a hot day ensure you bring water and consider your route carefully if walking. It may be safer to rearrange if your visit is non-urgent and it is an especially hot day.

Arriving at the Vet

□ Arrive in good time to give your dog a chance to toilet before coming in.

□ Give lots of treats on arrival to help your dog build up positive associations.

□ Use treats or a toy to help encourage your dog into the waiting room, on the scales and then into the consult room. Try to make the experience as positive as possible – we know how stressful it can be for them.

□ Monitor your dog's body language closely – if they're showing signs of stress or anxiety, such as freezing, lip licking, side eye, growling or trembling, discuss with our team how you can help your pet.

□ Try to remain calm - your pet is very sensitive to your body language and tone of your voice. By keeping calm, you will help your pet to stay as relaxed as possible.

□ If your dog is extremely anxious about coming into the practice or meeting other dogs/ people, wait outside and let our team know so the vet can call you in when they're ready to see you or visit you outside.

□ If your puppy is unvaccinated, make sure they do not sit on the floor with other dogs. You'll need to be prepared to carry your puppy into the vets and have them on your lap while you wait.