How To Help Your Cat Stress Less At The Vet
-Brought to you by the Small Animal General Practitioners Club at OSU CVM-

1. **Keep your cat in a carrier!**
   Placing a blanket or towel over the carrier can also help to keep them calm.

2. **Associate positive factors with going to the vet**
   Offer treats and small bits of food to your food driven cat. Offering and placing toys inside the carrier can also help.

3. **Make sure you as the owner are also calm**
   Speaking to your cat in a soft tone and making sure your actions do not startle your cat.

4. **See if waiting in your car before your appointment is an option**
   This keeps your pet away from any smells or other animals that may cause them stress.

5. **If all of these options do not help then consult your veterinarian**
   There may be an over-the-counter medication or prescription that can be given prior to pet visits.