Your veterinary team needs your help to make your pet’s visit as Fear Free as possible. One thing you can do is to ensure that your pet gets to the veterinary hospital in a calm state of mind. The following tips will help you and your pet arrive in one piece and in peace.

Preparing for the visit

- **Hungry is good.** If medically appropriate, reduce the amount of food your pet eats before a veterinary visit. This can help prevent nausea with car travel as well as make the treats at the veterinary visit more appealing.

- **Treat bonanza.** Bring 50 to 100 of your pet’s favorite treats but in tiny amounts. Cut them up if necessary. Your pet likes a variety of treats? Bring an assortment! Even your cat’s canned food might do the trick. Treats should be no larger than half a pea or a single lick. You might not use all of them, but it is better to have too many than not enough.

- **Favorite toys, and a grooming brush.** Bring some familiar items your pet likes. This will help your pet relax in the veterinary hospital. The veterinary team may ask you to use these items to help distract your pet during the visit.

- **Towel, shirt, blanket, or bed sprayed with species-specific calming pheromones or lavender.** Commercially available calming pheromones can help promote relaxation. The scent of lavender has been shown to have a calming effect on dogs during car travel. An item that smells like home, such as a blanket your pet sleeps on or a t-shirt you’ve worn can also provide comfort for your pet. For dogs, consider spraying a bandana with a calming pheromone and placing it on your dog’s neck. When you use pheromone sprays, allow the pheromone to dry for 10 to 15 minutes before exposing your pet to the sprayed item.

- **Make sure your pet is acclimated to a carrier, crate, or seatbelt harness and is not stressed by travel confinement.**