

Cat Exams – Help us help your cat have a stress free visit to YAH

Before the Visit

1. Practice physical exam techniques at home to get your cat comfortable with being handled
 - a. Rub his/her ears
 - b. Gently massage his/her paws
 - c. Rub his/her face
2. Carrier training
 - a. If able leave the carrier out at all times
 - b. Place a familiar towel in the carrier
 - c. Feed your cat treats/meals in the carrier
3. Get your cat accustomed to car rides
 - a. Make sure the carrier is placed securely and level in the car
 - b. Drive your cat around the neighborhood
 - c. Take your cat through the carpool line
4. Bring your cat in to the hospital when an exam is not needed to have them get weighed and get some treats and attention
5. Feliway (<http://www.feliway.com/us>) is a cat pheromone that can be sprayed in the carrier, on a towel, or in the car to help decrease anxiety associated with travel
6. Play soft “cat” music at home and in the car
 - a. https://www.youtube.com/watch?v=fBqblKqrARc&feature=em-subst_digest-g
7. Withhold food the morning of the exam so your kitty will be more apt to eat our treats during the exam
8. Bring familiar towel in your carrier and over the carrier
9. Bring favorite treats for your cat to eat during the exam and ride home

Once you arrive at YAH

1. We try to take kitties directly into exam room so they can get out of the carrier and explore without seeing other pets
2. Emergencies happen so sometimes you may have to wait for an available kitty-only exam room, either stay in the car with your kitty and call us so we can come get you or set your cat’s carrier on a chair with a towel over the carrier

Once in the exam room

1. We have tried to make our kitty-only room as home-like as possible by
 - a. Using soft lights
 - b. No pictures of other cats/dogs
 - c. Playing calming music
 - d. Exam table covered with soft blanket
2. Feliway is diffused in the room (<http://www.feliway.com/us>)
3. We are willing to examine your cat where he/she is most comfortable if able (in your lap, on the floor, in the carrier, on the covered table)

4. Allow your cat to roam around the room and sniff tools
5. As much of our exam and diagnostics will be performed in the cat room as possible so sometimes we may ask you to leave
6. Light sedation is sometimes need for anxious cats
7. We try to use minimal restraint but some cats require clipnosis (http://www.clipnosis.com/How_Clipnosis_Works_s/12.htm) or being wrapped in towels

After the Exam

1. Some cats may need a light sedation for the ride home if stressed
2. Allow your cat to relax when he/she gets home before reintroducing to other cats
 - a. Rub your cat with familiar towel
 - b. Open carrier in a closed room