



## Prepare for Your Fear Free Veterinary Visit



*In preparation for your pet's visit to the Animal Hospital of Pensacola, here are some things you can do at home to help us help your pet have the most relaxed, enjoyable and fear free visit possible*

1. Take your pet carrier out several days before your appointment (or, better yet, leave it out all the time). Leave the carrier door open to allow your pet to investigate it, rest in it, play in it and just become familiar with it while it is out. Encourage playing and positive feelings by using treats, toys and favorite games around the carrier.
2. Always make sure there is a blanket, towel or bedding inside the carrier. GENTLY pick the carrier up by the sides and bottom – DO NOT use the handle – it will swing too much and may cause anxiety.
3. We have pheromones in our exam rooms and we spray them onto our clothing before each appointment. Pheromones are chemicals that only pets can sense and they serve to calm your pet in their “own language”. They are available to purchase in sprays, wipes, or diffusers that can be used in and around the carrier, your car or on bedding.
4. Bring your pet to the visit HUNGRY! Your pet will be given several treats (when medically appropriate) during his/her visit which will help them associate our hospital with good feelings. If there is something in particular that your pet enjoys, please let us know or bring it with you.
5. Get your car ready in advance – turn on the air conditioning or heat to make the temperature as comfortable as possible BEFORE you bring your pet into the car. Turn on calming music – often classical piano music is best for pets. Be as gentle as possible – keep your pet's carrier stable throughout the ride.
6. When you arrive at the hospital, feel free to phone us from the parking lot and let us know you are here – if your pet prefers to wait outside, on the bench, in the waiting room or in the exam room, we will attempt to cater to them as much as we can. We will also make every attempt to ensure the waiting room and lobby are quiet and clear when you come in, so your pet does not experience any anxiety.
7. Above all, please do not hesitate letting us know if there is anything we can do to help your pet be calm, comfortable and enjoy their time at the Animal Hospital of Pensacola. If you have any concerns or questions about your visit, or if you have any ideas on how to make the visit more pleasant for your pet, please let us know.