



Transporting your dog to Evergreen Veterinary Hospital

If you are having trouble transporting your dog to Evergreen Veterinary Hospital, try some of these tips to alleviate some of the stress related to the trip. Any of these tips and tricks can be used any time your dog needs to travel in the car!

- ❖ If a carrier or crate is used to transport small dogs, making these a part of your dog's every day environment can help reduce the stress and uncertainty associated with it. Use it as part of the dog furniture they use every day.
- ❖ Carriers and crates should be spacious enough for your dog to comfortably lay on his or her belly with a few inches of space between the head and the top of the carrier or crate. Placing a soft blanket or towel for them to lay will make the space even more comfortable.
- ❖ Try feeding your dog treats, one meal, or even all meals in the carrier or crate, so that it becomes a comfortable and happy place where they receive food.
- ❖ Take any dog on a short car ride around the neighborhood, to a friend's house, or other dog-friendly spot often (so long as they do not get car sick). Taking them on car rides only to return home can help decrease the association of *only* veterinary office visits whenever they are in the car.
- ❖ Good exercise or play time prior to veterinary visits is one way to help your dog be more relaxed (and maybe a little tired) instead of stressed in the car.
- ❖ Adaptil is a product that mimics calming pheromones released by mother dogs to their puppies. It can help alleviate stress and fear. This product comes in sprays, diffusers and wipes and is available at Evergreen Veterinary Hospital.
- ❖ Playing classical or relaxing music in the car can help relieve the stress associated with car rides.
- ❖ Implementing any of these tips as puppies will reduce stress associated with the carrier, car rides and veterinary visits!
- ❖ Nutraceuticals and/or pharmaceuticals can also be utilized in calming your dog during a car ride and veterinary visit. If they get car sick, there are also medications available for that, too.

Ask us today how we can help relieve your cat's stress and make the veterinary visit a more enjoyable visit for them!