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Providing medical and surgical care for your animals needs since 1971
<http://www.alpinehospital.com/>

Increased Fear, Anxiety and Stress

Tips for Dogs and Cats

If your pet has been prescribed anxiety medication, please give it before the appointment as instructed.

If your pet has increased anxiety during visits, but has not been prescribed pre-veterinary medication, please call the office to discuss this option with a veterinarian.

Please let us know if your pet gets car sick as this adds significant stress to visiting the vet's office

We offer home visits as a less stressful alternative to hospital visits

Keep the car ride calm with classical or other soothing music

Practice touching your pet at home to get them used to a physical examination. Touch their ears, mouth, tail, feet and belly in a calm setting and while heavily rewarding them. Do this periodically throughout the year so it is very normal for them when it is time for their veterinary visit

Try homeopathic products ahead of time such as:

Lavender or Chamomile aroma therapy in the car

Rescue Remedy oral calming drops before travel to the veterinary office

Composure treats before travel to the veterinary office

Tips for Cats

Leave your carrier out all the time in a frequented location and make it part of the cat's daily life. It will stop being a cue that it's time to travel for a veterinary visit

Use a hard carrier that can be easily disassembled for ease of access during veterinary visits. Always use an appropriately sized carrier for your cat and use a two-handed hold when carrying it with your kitty inside.

Use the calming pheromone spray Feliway in the car and carrier.

Desensitize your cat to car travel by spending small amounts of time in the car and progressing over several weeks to taking short trips. Make sure to heavily reward your cat while in the car.

Cover the carrier with a thick towel to dampen external visual and auditory stimuli when traveling

Tips for dogs

Bring your dog hungry and bring their favorite treats and toys for us to reward them with

Take 30-60 minutes prior to the appointment for vigorous exercise to get out extra energy

Teaching your dog basic commands like sit, down, shake and stay can help expedite the examination by giving us a way to communicate with them in a way that they are comfortable with.

Come by anytime to walk around the building and have treats inside for a fun and stress-free visit

Use the calming pheromone spray Adaptil in the car and/or on a bandana around their neck