

## Visiting your vet

## Potential stressors for cats visiting the vets

1 DISCOMFORT, PAIN, SICKNESS

2 LACK OF CONTROL



3 CHANGE IN ROUTINE  
(eg, kept in before coming to the vets, food withheld)

4 TRAVEL

5 INABILITY TO ESCAPE  
(eg, from cat carrier, from restraint, from consultation room)



6 PREVIOUS NEGATIVE EXPERIENCES  
(eg, scared last time at the vets)

7 UNPLEASANT OR STRANGE SOCIAL EXPERIENCES  
(eg, seeing, hearing or smelling unfamiliar animals such as other cats and dogs)

8 UNFAMILIAR HANDLING  
(eg, restraint, medical examination)



9 UNPLEASANT OR STRANGE SENSATIONS  
(eg, smell of disinfectant, stethoscope placed against chest)

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