**5 WAYS TO REDUCE STRESS**

**CARRIER ACCLIMATIZATION**
Keep your cat’s carrier out in an area where your cat spends a lot of time. Cover it with a towel and place familiar bedding and toys inside.

**ANTI-ANXIETY MEDICATION**
If your cat is stressed by their checkup, ask your veterinarian about anti-anxiety medication.

**WITHHOLD FOOD**
Withhold food from your cat for several hours before traveling to avoid motion sickness.

**FAVORITE TOYS**
Bring a favorite toy or familiar smelling clothing or bedding to help your cat feel more comfortable.

**TREATS & REWARDS**
Bring your cat’s favorite treats, which can be given to her as a reward or distraction.

**YOU’RE AN IMPORTANT PART OF YOUR CAT’S CHECKUP**
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