



YOUR CAT'S HEALTH, OUR PASSION • VOLUME 7, ISSUE 11 • NOVEMBER 2015 NEWSLETTER

REDUCING STRESS WHEN TRAVELING

It may be hard to believe, but the holiday season is almost here again. For some folks, the holidays will be spent close to home, but for others, the holiday season means traveling to be with loved ones in other parts of the country. If your travel plans include bringing your kitty with you (whether by automobile, plane, or train), we have some great travel tips for you. With advance planning and preparation, you can help ease your kitty's stress level—and yours too.

To help your kitty get used to the idea of traveling in a carrier, leave the carrier out, with its door open and in an easily-accessible location, for several weeks prior to a trip. Put your kitty's favorite bed or a comfy blanket in the carrier, along with treats or toys, to encourage your kitty to explore the carrier and get comfortable in it. Once your kitty is used to the carrier, consider taking him or her on a quick ride to the bank or post office, or for a simple weight check with your veterinarian, so your kitty will associate the carrier and the car ride with minimally-alarming situations.

If you're going to travel longer distances, a large carrier that can accommodate your kitty's basic necessities (including food, water, piddle pads, and a disposable potty box) will help make travel more enjoyable. If you're driving, stopping periodically to let your kitty stretch on a leash/harness can be beneficial. If you'll be staying at a hotel during your trip, be sure to call ahead to confirm that the hotel is pet-friendly.

If you're planning to travel by air, you can request and pay for a pet carry-on when

booking the flight. Be sure to ask about size restrictions for a carry-on pet carrier; this may vary from airline to airline. If a pet carry-on is not allowed by the airline, or if the flight is at its maximum capacity for carry-on pets, your kitty may have to ride in cargo below. This requires a different type of carrier, so be sure to discuss requirements with the airline. Some airlines require that pets obtain a health certificate shortly before flying. This certificate is issued by your veterinarian after they've completed a wellness exam. Be sure to check with your airline to confirm pet documentation requirements well in advance of your travel.

For some kitties, sedation prior to travel may make the journey easier for them; consult with your veterinarian to determine which medications are most appropriate. A number of other products are also available to help ease travel. Feliway, a natural product designed to help cats (and dogs) with stress-related problems, comes in both spray and diffuser forms. Supplements such as Composure, which can help alleviate anxiety, are typically available in both chewable or liquid form. Please ask us for additional information.

Proper identification is critical when traveling with your pet. If your pet is microchipped, check with your microchip registration company to ensure that your contact information is current. If your pet isn't microchipped, it's a great time to have this done. Make sure your pet has current identification and contact information on a properly-fitting collar or harness (even if they're microchipped). Write the name, address, and telephone number of your pet's destination on the top of their carrier along with your own contact information.

It's also a good idea to have a current photo of your pet with you while you travel.

If long-distance travel is distressing to your kitty, boarding is a great alternative. We'd like to invite your feline family member to be our guest the next time you travel. We offer boarding accommodations in a loving feline-only environment. Beds, toys, and fresh potty boxes are provided—along with lots of daily petting and attention from our kitty-loving doctors and team members! All of our feline guests receive daily weight checks, monitoring of food and water intake, and twice-daily exercise sessions. We can administer any medication or special foods that your kitty requires. (To stay with us, your kitty must have received a wellness exam at the Sacramento Cat Hospital within the past 12 months.) Please see our great special offer below for a discount on boarding through November 30.

NOVEMBER SPECIAL OFFER FOR OUR READERS

Board your kitty at the Sacramento Cat Hospital through November 30 and every sixth night is free! That's 6 nights of boarding for the price of 5! (Please note that additional charges will apply for dispensation of medications or other treatments while your kitty is our guest. Your kitty must have received a wellness exam at the Sacramento Cat Hospital within the past 12 months.)

Please give us a call at (916) 488-4161 or stop by our front desk for more information or to make your boarding reservation.

Don't miss an issue of our newsletter! Sign up to receive each month's issue by email. To subscribe, just go to www.sacramentocathospital.com, or speak with one of our team members.

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