



Pet Travel Sickness Tips

If your pet gets anxious and unwell on car journeys, don't panic!
There are plenty of steps you can take to minimise suffering.

Cats, Dogs & Small Furrries

- 1** Build up your pet's tolerance level. Just sit in the car with them at first, then drive to the end of the road and back. Go a bit further each time and give lots of praise.
- 2** Make the journey as comfortable as possible; dogs should face forwards and be secured in a dog seatbelt & harness or a crate. Cats & small furrries need a secure, well-ventilated carrier with soft bedding; add somewhere to hide and cucumber for small furrries.
- 3** Keep your vehicle cool and well ventilated - lower windows slightly when the car is moving to balance air pressure in the car.
- 4** Vary destinations so your pet doesn't just associate car travel with vet visits, or wherever else they feel worried about.
- 5** Try using desensitisation techniques at the places they seem nervous - building up positive experiences can reduce stress.

Cats & Dogs

- 6** Try placing a cotton ball with a few drops of lavender oil on inside your car 30 minutes before you set off for a soothing aroma - remove before travelling.
- 7** Spray some Appeasing Pet Pheromones inside the car or carrier before you set off.
- 8** Give them their blanket and favourite toy in the car to try and pacify them.
- 9** Limit food consumption before travelling.
- 10** If your pet's travel sickness isn't improving, talk to one of our Vets about whether a prescription tablet could help. Never give your pet human travel sickness tablets.

Call our vets for help with pet travel sickness

