
Vet visit checklist

For dog caregivers. Prepare with your veterinary team.

- ☐ **Record changes and their timing.** Note eating, sleep, movement, toileting and responses to touch. Bring previous reports and a medication list.
- ☐ **Choose the right type of help.** Ask which clinician you need, how urgent the problem is and whether an in-person appointment is necessary. Remote advice or a home visit may help some dogs, where available and appropriate.
- ☐ **Tell the clinic about fear and defensive behaviour.** Explain previous experiences before anyone approaches the dog.
- ☐ **Plan the examination.** Discuss procedures, duration, positioning, handling and whether food can be used.
- ☐ **Discuss medication beforehand.** If needed, obtain a veterinary plan for pain or anxiety and instructions for any trial dose at home.
- ☐ **Prepare for the specific procedure.** Positioning, handling, a blanket, a muzzle or other equipment should be introduced gradually. Tell the vet if preparation has not been possible.
- ☐ **Avoid overloading the visit.** Ask which tests are needed now and which planned procedures could be separated.
- ☐ **Plan travel and waiting.** Ask about waiting away from a crowded reception area and take a helper if useful.
- ☐ **Agree roles, breaks and a stop signal.** Everyone should understand the plan before handling begins.
- ☐ **Do not wait for growling or biting.** Speak up if your dog tenses, freezes, turns away or tries to leave.
- ☐ **Check the written treatment plan before leaving.** Confirm doses, administration, duration, expected changes and how to contact the clinic. Explain any difficulty carrying out care at home.

Emergency: do not delay urgent veterinary care for training or preparation. Tell the clinic about your dog's condition and handling needs.

Full guide: petvitals.online/en/guides/vet-visit.html

Adapted from Oksana Tyulpinova's School of Dog Wellbeing guide. English edition: 28 October 2026. This checklist supports a conversation with your vet; it is not an individual treatment plan.